

Seven Hills Surgery Center
2010 Fleischmann Road
Tallahassee, FL 32308
850-552-0608

Discharge Instructions for Dr. Kato's Cataract Removal

- **Do not rub** the operative eye. If you had a **dropleess** cataract surgery, It will be **NORMAL** to see a small medication bubble in the operative eye. It may be white, yellow or even red. Should not grow or be painful.
- Do not push on or apply direct pressure to the operative eye.
- It is normal for your vision to be blurry and to experience some light sensitivity and minor discomfort after surgery. These symptoms will gradually resolve and you should be able to return to your normal activities within a few days.
- **Rest** today and advance diet as tolerated.
- **Tape the eye shield** provided in your blue bag over your operative eye for 1 week after surgery **whenever sleeping** at night or while taking a nap.
- **Avoid bending below the waist, straining, or lifting** objects weighing over twenty pounds for 2 weeks
- **Report any severe pain, increased redness or discharge, or decreased vision in the operative eye to your physician immediately.**
- If an eye patch is in place immediately after your surgery, **leave the patch in place.** It will be removed by your surgeon the day after your surgery at your follow up visit.
- Your follow up appointment will be the day after your surgery at Eye Associates at the time given to you by your physician or with your co-managed physician.
- Take Tylenol or ibuprofen over the counter medications as directed for any discomfort.
- You may wash your hair the day after your surgery, but avoid excessive water in the operative eye.
- You may wear make-up 1 week after surgery.
- You may use an eye lubricant such as Systane or Refresh as needed for dry eye, discomfort, and irritation. This is not a prescription. If you use it, **wait at least 30 minutes** after placing prescriptions in the eye.

If any problems occur, or if you have further questions, please contact:

Eye Associates M-F, 7:30-5:30 pm at (850)878-6161, and option "5" then option "0"/ after 5:30pm option "1" (or dial 850-694-1866) for the on-call technician, Dr. Kato's cell (850) 443-4387

- **If you cannot contact anyone but feel that your symptoms require a physician's attention, go to the nearest Emergency Room.**
- **Please keep the blue bag that was provided to you and bring it with you when you return for your second surgery.**

Please resume all medications upon discharge unless noted below:

GLAUCOMA patients continue to take ALL Glaucoma drops!