

**BRAVERMAN EYE CENTER**  
**POST-OPERATIVE CATARACT SURGERY CARE**

1. **DO NOT RUB THE EYE! Itching is normal during the healing period. Tearing and redness is also normal.**
2. **THE OPERATED EYE MUST BE PROTECTED AT ALL TIMES FOR THE FIRST WEEK. THIS MEANS GLASSES OR PROTECTIVE SHIELD DURING THE DAY. AT NIGHT THE SHIELD MUST BE TAPED IN PLACE OVER THE OPERATED EYE BEFORE SLEEP.**
3. **A BATH OR SHOWER IS ALLOWED IF YOU HAVE SOMEONE TO ASSIST YOU TO PREVENT A FALL. IT IS BEST NOT TO GET RUNNING WATER IN THE EYE FOR THE FIRST TWO DAYS AFTER THE SURGERY.**
4. **GENTLY CLEAN THE OPERATED EYE DAILY WITH A CLEAN WASHCLOTH AND/OR EYE STREAM. The patient should do the wiping since he or she alone knows how sore the eye is.**
5. **DO NOT LIFT MORE THAN 10 LBS OR DO ANY SORT OF STRAINING FOR ONE WEEK AFTER THE SURGERY.**
6. **PLEASE DO MODERATE /NORMAL ACTIVITIES. Watching TV, going to a movie, reading or going out to dinner is OK to do. Begin when you leave the office today.**
7. **WEAR SUNGLASSES PROVIDED WHEN YOU GO OUTSIDE.**
8. **FOLLOW UP HERE IN ONE WEEK OR AS DIRECTED. BRING YOUR EYE MEDICATIONS TO EVERY VISIT.**
9. USE ONLY THE MEDICATIONS THAT ARE **CIRCLED**:
  - Vigamox or Zymar four times a day for one week.
  - Acular LS/ Nevanac 4x/day or Xibrom 2x/day for one month.
  - Pred Forte (or Econo Pred)- SHAKE WELL BEFORE USING-Use four times a day for one week, three times a day for one week, two times a day for one week then one time a day until the bottle is finished, OR as directed.
  - Atropine three times a day.
10. Artificial tears are to be used as needed

**ONLY TYLENOL** should be used for pain. NO ASPIRIN or aspirin products until being evaluated at your first Post-op visit. If discomfort or pain persists, CALL THIS OFFICE AT 954-458-2112 OR COME IN IMMEDIATELY.

**NOTE:** If you have any questions regarding these instructions call this office at anytime (954-458-2112) or come to the office.