

Patient's Name: John Q. Patient
Healthcare Provider's Name: Dr. Smith
Department: Ophthalmology
Phone: 617-555-1212
Date: October 15, 2018
Notes: **Nurses can write personalized notes to patients here.**

Discharge Instructions for Cataract Removal

Cataract removal is a surgical procedure that removes a cataract from the eye. A cataract is a cloudy area in the lens of the eye that affects vision. Your eye will take several weeks to completely heal.

What You Will Need

- Eye patch
- Dark glasses

Steps to Take

Home Care

To care for your eye and prevent infection:

- Wash your hands before applying eye drops.
- Use an eye patch or shield as directed by your doctor. Your doctor may ask you to wear an eye shield at night.
- Wear dark glasses when you go outside.
- Prevent water from directly getting into your eye.

Physical Activity

You will need to rest before resuming activities gradually as advised by your doctor. In general:

- Avoid heavy lifting, bending, and strenuous activity while your eye is healing.
- Do not drive unless your doctor has given you permission to do so.
- Ask your doctor when you will be able to return to work.
- Do not operate machinery until cleared by your doctor.

Medications

Your doctor may advise:

- Antibiotic eye drops to prevent infection
- Anti-inflammatory eye drops to prevent inflammation
- Over-the-counter pain relievers that do not contain aspirin

If you are taking medications, follow these general guidelines:

- Take the medication as directed. Do not change the amount or the schedule.
- Ask what side effects could occur. Report them to your doctor.
- Talk to your doctor before you stop taking any prescription medication.
- Do not share your prescription medication.
- Medications can be dangerous when mixed. Talk to your doctor or pharmacist if you are taking more than one medication, including over-the-counter products and supplements.

Lifestyle Changes

After surgery, you should notice an improvement in your vision. It is not unusual for your vision to remain blurry shortly after surgery. It takes time for your eye to heal and your vision to adjust. You may find that you no longer need glasses or contacts after your eye heals, or you may need a weaker prescription. Wear ultraviolet-protecting sunglasses when you are outside to protect your eyes.

Follow-up

Your doctor will need to check on your progress. If you had stitches, they may need to be removed. It is important to go to all recommended appointments.

Call Your Doctor If Any of the Following Occur

Contact your doctor if your recovery is not progressing as expected or you develop complications such as:

- Signs of infection, including fever and chills
- Change in vision
- Redness, swelling, increasing pain, bleeding, or discharge from the affected eye
- Visual disturbances, such as double vision, flashes of light, floaters, part of the field of vision missing, or eye pressure

If you think you have an emergency, call for emergency medical services right away.

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