

**POST-OP INSTRUCTIONS**

Continue using your eye drop(s) in the eye that was operated on. If you think the drop missed your eye, instill another drop in the eye, since the eye only holds one drop. Do not worry, if two drops are placed, the second drop will just roll down your cheek.

**Your Activities:**

The morning after surgery, you may resume almost all of your normal activities such as: driving, washing your hair and face, watching TV, walking and reading.

- o **Do not** wear eye make-up while taking your eye drop(s). We recommend purchasing new eye make-up and start using in 1 month after completing eye drops since the old products may predispose you to infection.
- o **Do not** rub your eye. This is the worst thing you can do while it is healing.
- o **Do not** lift items more than 15lbs the first 2 weeks after surgery and more than 50lbs for the first month after surgery.

**\*\*We recommend that you stay within the area for at least 2 weeks after your surgery\*\***

**You may resume these activities after:****1 week:**

- o Golf-putting

**2 weeks:**

- o Golf-driving, carrying golf bag/ Bowling
- o Bending your head below your waist
- o Sexual Activity

**3 weeks:**

- o Running/Jogging
- o Tennis
- o Vacuuming/Dusting
- o Shoveling snow/Mowing lawn/Gardening
- o Hunting

**4 weeks:**

- o Swimming/ Using Hot Tub/Jacuzzi/Sauna
- o Working out at a Fitness Center
- o Get new prescription for glasses if needed
- o Gym/Treadmill

**Please refrain from scheduling other surgical procedures while your eye is healing. The healing process takes about 4 weeks.**

**Dental Work:** 2-4 weeks before or 4 weeks after surgery.

**Chiropractor:** 4 weeks after surgery.

**Colonoscopy:** 4 weeks after surgery

**Flu shots:** 2-4 weeks before or 4 weeks after surgery.

## The Normal Healing Process

The eye takes time to heal as well as to adapt to looking through the new man-made lens implant. With the premium lens implants, there is a period of at least a few months when the brain needs to adapt to the new vision. You've looked through a human lens (which became the cataract) for decades and now you'll adapt to looking through a man-made lens. Each eye tends to heal and adapt to the new vision somewhat differently, and a difference in the normal healing process between the two eyes is not unusual.

**Symptoms:** Redness, irritation, and tearing is normal as the eye heals. It is normal for the eye to feel scratchy on the day of surgery. This typically disappears within 24 hours. These symptoms are normal and usually improve with the use of your eye drop medications.

### **Vision:**

- As the eye stabilizes and gets used to looking through a man-made lens implant, blurring or shimmering of the vision is normal.
- Since the new lens is crystal clear, you will initially be more sensitive to bright light. You can use sunglasses in order to feel more comfortable.
- It is also normal to experience glare/halos, particularly around bright lights. This tends to diminish as the eye and brain adapt to the new vision.
- Your old glasses will likely not work well, and you'll probably see better without them, but there's no harm in using them for protection. **Glasses** can be prescribed after 4 weeks, if necessary, when the prescription stabilizes.
- Please **DO NOT** remove **the lens** from your glasses as it will not provide protection for your operative eye.
- If you have selected **distance** vision for your implant, you **will need glasses for reading**. Temporarily, over the counter reading glasses (+2.50) can be used for reading.

### **Problems:**

Please call the office at 716-674-6030 if you develop:

- severe pain
- a decrease in vision
- flashes of light
- floaters or veiling