

# Uday Devgan, MD, FACS, FRCS

## Post-Op Instructions for Cataract Surgery

### Immediately after surgery

- On the day of surgery, you do **NOT** need any more eye drops. We already put them in your eye at the surgery center. Leave the eye alone and let it rest for the 24 hours after the surgery.
- Your vision will be blurry right after the surgery since your pupil will still be dilated. We expect your vision to be foggy for at least a few hours after surgery, maybe all day. The vision may also be dark or dim as the eye recovers. The morning after your surgery, your vision should be remarkably better.
- We have placed sunglasses on your face to protect your eye on the day of surgery. These can be removed once you are home and relaxing. Please do not touch the eye at all on the day of surgery.
- It is very important that you do not rub your eye for one week following the procedure
  
- Starting the day after surgery, you should instill your purple eye drops into the operated eye
- The drops may leave a harmless white residue in the corner of your eye. Just gently wipe it away.
- If you think the drop missed your eye or rolled onto your cheek, go ahead and instill another drop in the eye. You cannot overdose on these drops, so if you can't remember if you used the drop, go ahead and put in another.



- Starting on the day after your surgery, you will be using the same purple drops that you used the day before surgery. These are combination drops where Prednisolone, Moxifloxacin, and Bromfenac are all in the same bottle. **Shake well each time** and do not refrigerate.
- **Instill one drop into the operated eye three times per day for 2+ weeks**
  - Day of surgery: No eye drops needed
  - First week after surgery: one drop to operated eye three times per day
  - Second week after surgery: one drop to operated eye three times per day
  - After the 15<sup>th</sup> day: one drop to operated eye once a day until bottle is empty

### Your Activities:

- The morning after surgery, you may resume almost all your normal activities such as: driving, taking a shower, washing your face, watching TV, light exercising, stooping, lifting (items less than 40 pounds), playing golf, walking, reading, etc. You should avoid jarring activities such as jogging, especially on hard pavement, for 1 week after surgery.
- It is okay to apply light eye make-up starting 1 week after your surgery, but be sure to purchase new mascara, eyeliner, or other eye make-up since the old products may predispose you to infection.
- Avoid swimming, getting into hot tub/Jacuzzi/steam bath/sauna or diving underwater for 1 week. You can fly the day after the surgery. There are no restrictions with altitude.
- You may use artificial tears, just be careful not to wash out the medication drops with the artificial tears. Avoid rubbing the eye for 1 week following the procedure. You may use a new tissue or Kleenex to gently dab the eye, but do not rub the eye. Do not use the same tissue more than once. If you have itching or irritation, you may certainly instill more eye drops.

## The Normal Healing Process:

For at least a few hours right after the surgery, the vision will be quite blurry since the pupil is still dilated. This is normal. The vision may also seem dark or dim later that day and there could be some strange effects with night vision. All of this will resolve and the morning after the surgery the vision will be remarkably improved. The eye takes a little 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 weeks where 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. The pupil may be dilated or constricted for a day or two after surgery – it will return to normal in a few days.

Remember that your eyes are sisters, not identical twins, and a difference in healing or vision between the eyes is normal. Your right eye and left eye are never going to be exactly identical the same way that your right hand and left hand are slightly different. Do not cover one eye and then alternate to the other eye to compare the vision because this prevents the brain from synchronizing the two images. Visual processing in the brain works by taking the image from each eye and then creating a composite picture with depth perception and a wide range.

Symptoms: a modest amount of redness, irritation, or tearing is normal as the eye heals. Some patients feel the microscopic incisions as they heal, and they report a sensation of a grain of sand or eyelash in the eye. These symptoms are normal and are usually alleviated by use of the eye drop medications. You may see a flickering of images or light or perhaps a dark crescent-shaped shadow in your vision for a few weeks. This is normal and will subside as the eye heals over the first few weeks to months.

Vision: As the eye stabilizes and gets used to looking through the man-made lens implant, a mild to moderate amount of fluctuation, 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 the sunglasses that we provide or your own sunglasses to feel more comfortable, but they are not required. The vision tends to get better as the eye heals and that takes time. We anticipate that 70% of the healing is done within the first day, 80% healing by 1 week, 90% healing by 1 month, and 100% healed by three months.

With the extended depth of focus lens implants, the near vision takes time to come in and it may be helpful to use better lighting and hold the reading material farther from your face. If you had multi-focal lens implants, seeing some glare or halving, particularly around lights at night is considered normal and this tends to diminish as the eye and the brain adapt to the new vision. Your old glasses will likely not work too well, and you'll probably see better without them, but there's no harm in using them. If needed, glasses can be prescribed for you about 1 month after the cataract surgery. Yes, you can use over the counter reading glasses, understanding that the different strengths simply change the range at which they work best.

## Questions or Problems:

If you develop severe pain, a dramatic decrease in vision, flashes of light like seeing fireworks, a striking increase in redness and discharge, or if you have any other issues, please call **Dr Devgan on his cell phone 310-612-3993**. You can also text message Dr. Devgan at the same number and remember to type your name in the message.

Your post-operative visit is scheduled for \_\_\_\_\_ at: \_\_\_\_\_

Location: Dr. Devgan's Office, 11600 Wilshire Blvd. Suite 200, Los Angeles, CA 90025 telephone 1-800-337-1969