

CHARLOTTE EYE EAR NOSE & THROAT ASSOCIATES

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INSTRUCTIONS FOLLOWING CATARACT SURGERY BY SCOTT L. JABEN MD

When you leave the outpatient surgery center, you will be given a bag with eye care supplies, eye drops and instructions. The nurse at the surgery center will review these instructions with you before you leave and we will review these again in the office on the day following surgery.

CONCERNING THE EYE DROP MEDICATIONS: In your postoperative kit there will be three (3) bottles of eye drops and a prescription to refill one of them (called zymar). Use all bottles on the day of surgery, once in the afternoon and once in the evening, at anytime that is convenient. On the day following surgery, begin using all three drops four (4) times a day until all bottles are empty. No more is needed unless prescribed by Dr. Jaben.

CONCERNING THE EYE PROTECTION: When you leave the surgery center, you will be wearing a clear eye shield taped to your face. Except for eye drops, leave the shield over you eye until the next morning at which time it may be removed. After this, you may wear your old glasses if they improve your vision. You may wear the provided sunglasses when you are in bright light as needed. Starting the day following surgery, it is not necessary to continue wearing the shield at any time, unless instructed by Dr. Jaben or unless you desire to do so; for example, at bedtime.

CONCERNING CLEANING YOUR EYE: Your eye may be matted (have discharge on the lids) upon awakening frequently. You may clean your eyelids by using a warm washcloth, cotton balls or kleenex with tap water and gently wiping across the lids.

CONCERNING YOUR ACTIVITY: When you leave the surgery center, you should go home, rest, and be inactive. You should avoid strenuous activities. The eye will be scratchy and keeping the eyes closed will allow for faster healing. The day following surgery (1 day postop), Dr. Jaben will check your eye in the office. If the eye is healing normally at that time, you will be permitted to return to normal activities. This means you may return to normal duties and work, including bending, stooping and lifting. You may drive your car (if you did so before), wash your hair, read, sew, view television, exercise, etc. There will be **no restrictions** unless instructed by Dr. Jaben.

CONCERNING YOUR NEXT APPOINTMENTS: When you leave the surgery center, you will be given an appointment time for your first postoperative visit to the office for the following day. At the office, you will be given an appointment date and time for your next visit.

CONCERNING YOUR VISION: Your vision may be blurred and out of focus after surgery until your eye heals and you are ready for new glasses, which may take 2 to 3 weeks at the least. You may experience light sensitivity and a reddish tint to your vision on the day of and the day after surgery. This is related to the pupil dilation and the microscope light, and is temporary.

EMERGENCY: If you experience nausea, vomiting, pain, redness, bleeding or sudden change in vision in the operated eye, please call the office immediately. If you have any questions, problems, or concerns, please call one of the office numbers above at any time. If it is after office hours, the doctor or nurse on duty will return your call.

These instructions were reviewed with the patient and/or family and a copy was sent with the patient.

Patient's name
HUNTERSVILLE OFFICE TUESDAY

Date

Time

Next Appointment (location, date, time)

Instructing Nurse's Signature