* Typical Cataract Post-Operative Instructions *
Michael Zgrabik, MD

* Please note that these are typical cataract instructions. You may have customized instructions given to you by Dr. Zgrabik the day of surgery.

1) Upon arriving home, begin the following eye drops in your operative eye:
   A. POLYTRIM (clear cap): 1 drop, 4 times per day, for 1 week, then stop.
   B. DUREZOL (pink cap), 1 drop, 2 times per day, for 3 weeks, then stop.
   C. ILEVRO (gray cap): 1 drop, 1 time per day, for 3 weeks, then stop.
   **WAIT 5 MINUTES BETWEEN EYE DROPS. Shake each bottle prior to use.

2) If your eye is patched, you may remove it 4 hours after leaving the surgery center.
3) WEAR YOUR EYE SHIELD WHILE SLEEPING during the first week after surgery. When going outside, wear a pair of glasses or the sunglasses in your kit.
4) DO NOT RUB OR PUSH ON THE EYE! If you think this may occur by accident, wear your eye shield at all times. Use a cotton ball and tap water to gently clean debris from around the eye if necessary.
5) CHECK YOUR VISION EACH DAY by covering your non-operative eye with your glasses off. Your vision should not get significantly worse than the previous day's vision.
6) AVOID STRENUOUS PHYSICAL ACTIVITY. You may lift up whatever you are normally comfortable with.
7) No swimming for 10 days after surgery.
8) You may resume normal showering using care not to get soap in your eye.
9) Remember, healing is a gradual process. Your vision will improve gradually, so do not be alarmed. You may experience watery, scratchy or itchy sensation. These are all normal.
10) You may read, watch TV or use the computer. These activities will not hurt the eye.
11) You should continue taking all your usual eyedrops (if any) in both eyes. You may resume taking aspirin (if you were taking it before) unless instructed otherwise.
12) Report any SEVERE PAIN or SUDDEN VISION LOSS or MORE FLOATERS/FLASHES OF LIGHT, call the office (440-888-2333) IMMEDIATELY. Dr. Zgrabik is available 24 hours a day. Call 911 for a true emergency.
13) Please remember to bring ALL of your eyedrops and your entire eye kit to the office for each appointment.