

**MOORE EYE  
INSTITUTE**

Instructions Following Cataract Surgery

Patient Name \_\_\_\_\_

1. When you leave the operating room, a plastic shield may be taped over your operative eye.
2. **STARTING TODAY** Use the medications given as instructed in the eye that had surgery.
3. You will return to see your doctor at the Moore Eye Institute the day after surgery.
4. **DO NOT** rub or bump your eye.
5. Wear your glasses or plastic shield during the day so that you will have something firm in front of your eye at all times.
6. Wear the eye shield at night for **TWO WEEKS**, taping it from the forehead to upper cheekbone.
7. Wear the dark sunglasses provided in the post-operative kit if the sunlight bothers you.
8. **DO NOT** bend over at the waist to pick up objects off of the floor. Bend at your knees if you have to pick up something.
9. **DO NOT** lift anything over 20 pounds for the first several weeks.
10. **DO NOT** wear eye cosmetics for the first few days.
11. You **MAY** take walks, watch T.V. or read if your eye feels comfortable.
12. Resume all regular medications.
13. You may wash your face or shampoo your hair, but remember **DO NOT** rub or bump your eye.
14. You may begin showering, but keep your eye closed.
15. You may use Tylenol for any post-operative discomfort. Take two tablets every four hours as needed.
16. Remember to bring **ALL** eye medications to each office visit.
17. Call the office immediately if your vision worsens, you have eye pain or you experience an increase in light flashes or floaters.

Office telephone numbers: Springfield 610-690-4900  
Exton 610-524-3110

If you have any problems or questions regarding your medications, please feel free to contact our office.