

Cataract Surgery & Refractive Lens Exchange (RLE) Take Home Instructions

It is very important that you see your eye doctor for the following post-operative appointments.

If you are a glaucoma patient and were on glaucoma drops prior to surgery, you must continue immediately after surgery in addition to your surgery drops.

DAY 1*
WEEK 1
MONTH 1
MONTH 6

* You will need a driver for this visit

Depending on the IOL choice, it MAY be normal for the operated eye(s) to feel out of focus until you receive new glasses. If you will require glasses, a new prescription for glasses is usually given at least 1 month after surgery. If you are having surgery on your eyes on different days, you may remove the lens of your present spectacles for the operated eye until your new prescription is made.

EMERGENCY INFORMATION

Grittiness or mild foreign body sensation, light sensitivity, or a mild headache are to be expected for the first 24 hours. It is acceptable to use Tylenol or acetaminophen pain medication for these symptoms (as well as following the surgery drop schedule).

Worrisome symptoms include the following:

- Severe pain in the first 24 hours
- Severe headache in the first 24 hours
- Nausea in the first 24 hours
- Sudden decrease in vision in the first week
- Flashes or floaters in the first week

If you experience any of the above, please contact the Lumea team at **416.663.3160** as soon as possible for an evaluation. In the case of an after-hours emergency your call will be triaged by our on-call team, and if needed re-directed to our on-call doctor.

In the highly unlikely event that you are unable to contact a Lumea team member, please attend your nearest hospital Emergency Department.

FOLLOW-UPS

Post-Operative Visit #1

Date: _____

Time: _____

Dr: _____

Location: _____

Post-Operative Visit #2

Date: _____

Time: _____

Dr: _____

Location: _____

If you experience any severe pain, please call your eye care professional.

Cataract Surgery & Refractive Lens Exchange (RLE) Take Home Instructions



Expectations of Visual Recovery

1. Sleep is the most important part of your visual recovery during the first 6-12 hours following your cataract surgery. Most patients have had sedation for their procedure and sleep comes easily. You will be provided with PLASTIC SHIELDS or SUNGLASSES that should be worn while asleep during the first 7 days to prevent accidental injury to your eyes. Sunglasses are recommended during the day.
2. Immediately following your cataract / RLE surgery, your eyes will feel gritty, and it is common to feel a foreign body sensation. The eyes will also feel dry, be more light-sensitive, and your vision may be hazy. These symptoms occur in nearly 100 percent of people during the first 24-48 hours following your surgery.
3. Two days after your cataract surgery, your vision and comfort level will improve dramatically, however it will not be perfect until at least 1 week after surgery.
4. Do not rub your eyes. Small children and pets are notorious for poking eyes and great care should be taken around both.
5. Patients may shower the next morning but avoid having the shower spray directly at your eyes. It is also important to avoid getting shampoo in your eyes.
6. Eye make-up should be avoided during the first week.
7. During the first week avoid exercise or sports (including swimming in a pool) and dusty or dirty environments. Wait one (1) month prior to engaging in any contact sports, swimming in a lake, ocean or entering a hot tub.
8. Symptoms of visual fluctuation, blurriness, dryness, and night glare are very common during the first month (especially multifocal or EDOF IOLs) and typically clear over 3 -12 months.
9. It is important to remember that everyone heals differently and has different prescriptions and choose different IOLs, therefore, do not compare your results to others. Your optometrist will monitor your progress and will keep the clinic informed every step of the way.
10. It is important to follow your recommended eye drop regimen, post-operative instructions and attend all your scheduled eye doctor visits.

Cataract & Refractive Lens Exchange (RLE) Post-Operative Instructions



Week 1

MEDICATION*	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Antibiotic – Vigamox Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
Anti-inflammatory – Voltaren Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
Steroid – Maxidex Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime

Week 2

MEDICATION*	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Anti-inflammatory – Voltaren Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
Steroid – Maxidex Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime

Eyedrops: allow a few minutes between drops to allow for absorption and space your drops evenly throughout the day

**Your pharmacist may substitute above medications with similar generic brands. If this happens, please ask the pharmacist to verify that the same drop schedule applies as instructed above.*

Cataract & Refractive Lens Exchange (RLE) Post-Operative Instructions



Week 3

MEDICATION*	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Anti-inflammatory – Voltaren Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
Steroid – Maxidex Use one (1) drop to the operated eye 2X per day	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening

Week 4

MEDICATION*	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Anti-inflammatory – Voltaren Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
Steroid – Maxidex Use one (1) drop to the operated eye 2X per day	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening

Eyedrops: allow a few minutes between drops to allow for absorption and space your drops evenly throughout the day

**Your pharmacist may substitute above medications with similar generic brands. If this happens, please ask the pharmacist to verify that the same drop schedule applies as instructed above.*