

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

It is very important that you see your referring 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.

|                           |
|---------------------------|
| <b>DAY 1 OR 3-5 DAYS*</b> |
| <b>WEEK 1</b>             |
| <b>MONTH 1</b>            |
| <b>MONTH 6</b>            |

\* 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 require glasses, a new prescription for glasses is provided by your own eye doctor usually 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 as soon as possible for an evaluation.

**VAUGHAN- 416 663 3160**

**TORONTO (The Well)- 416 663 0377**

**BARRIE- 705 300 0741**

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. Call the appropriate clinic (where you had surgery) and provide the surgeon's name to the triage representative.

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.

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## 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 should improve significantly. While you should notice a positive change by this point, your vision will typically continue to become clearer and stabilize over the first week following 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.
11. Avoid heavy lifting (over 10 pounds), strenuous activity and excessive bending 1 week after surgery
12. You should schedule one week off of work to allow for visual recovery. This may vary based on individual healing.

See things differently.

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Barrie ON L4M 7G1  
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barrie@lumea.io

# 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                                   |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|
| <b>Antibiotic – Vigamox</b><br>Use one (1) drop to the operated eye 4X per day                      | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime |
| <b>Anti-inflammatory – Acular/<br/>Ketorolac</b><br>Use one (1) drop to the operated eye 4X per day | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime |
| <b>Steroid – Maxidex</b><br>Use one (1) drop to the operated eye 4X per day                         | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime |

## Week 2

| MEDICATION*                                                                                         | DAY 8                                   | DAY 9                                   | DAY 10                                  | DAY 11                                  | DAY 12                                  | DAY 13                                  | DAY 14                                  |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|
| <b>Anti-inflammatory – Acular/<br/>Ketorolac</b><br>Use one (1) drop to the operated eye 4X per day | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime |
| <b>Steroid – Maxidex</b><br>Use one (1) drop to the operated eye 4X per day                         | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>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.*

**See things differently.**

# 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                                  |
|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|
| <b>Anti-inflammatory – Acular/<br/>Ketorolac</b><br>Use one (1) drop to the operated eye 4X per day until bottle is finished | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime |
| <b>Steroid – Maxidex</b><br>Use one (1) drop to the operated eye 2X per day                                                  | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      |

## Week 4

| MEDICATION*                                                                                                                  | DAY 22                                  | DAY 23                                  | DAY 24                                  | DAY 25                                  | DAY 26                                  | DAY 27                                  | DAY 28                                  |
|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|
| <b>Anti-inflammatory – Acular/<br/>Ketorolac</b><br>Use one (1) drop to the operated eye 4X per day until bottle is finished | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime | Breakfast<br>Lunch<br>Dinner<br>Bedtime |
| <b>Steroid – Maxidex</b><br>Use one (1) drop to the operated eye 2X per day                                                  | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      | Morning<br>Evening                      |

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

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