

Seven Hills Surgery Center  
2010 Fleischmann Road  
Tallahassee, FL 32308  
850-552-0608

### **Discharge Instructions for Dr. Ford's Cataract Removal**

- **Do not rub** or push on or apply direct pressure to the operative eye.
- It is normal for your vision to be blurry and to experience some light sensitivity and minor discomfort after surgery. These symptoms will gradually resolve.
- **Rest** today and advance diet as tolerated.
- **Tape the eye shield** provided in your blue bag over your operative eye for 1 week after surgery **whenever sleeping** at night or while taking a nap.
- **Avoid bending below the waist for one week. Avoid straining, or lifting** objects weighing over twenty pounds for 1 week.
- **Report any severe pain, increased redness, or decreased vision in the operative eye to your physician immediately.**
- If an eye patch is in place immediately after your surgery, **leave the patch in place.** It will be removed by your surgeon the day after your surgery at your follow up visit.
- Your follow up appointment will be the day after your surgery at Eye Associates at the time given to you by your physician or with your co-managed physician.
- Take Tylenol or ibuprofen over the counter medications as directed for any discomfort.
- You may wash your hair the day after your surgery, but avoid excessive water in the operative eye.
- You may wear make-up 1 week after surgery.
- You may use an eye lubricant such as Systane or Refresh as needed for dry eye, discomfort, and irritation. This is not a prescription. If you use it, **wait at least 30 minutes** after placing prescriptions in the eye.

If any problems occur, or if you have further questions, please contact:

**Eye Associates M-F, 7:30-5:30 pm at (850)878-6161, and option "5" then option "0"/ after 5:30pm option "1" (or dial 850-694-1866) for the on-call technician**

- **If you cannot contact anyone but feel that your symptoms require a physician's attention, go to the nearest Emergency Room.**
- **Please keep the blue bag that was provided to you and bring it with you when you return for your second surgery.**

**Please resume all medications upon discharge unless noted below:**

**GLAUCOMA patients continue to take ALL Glaucoma drops!**