

COEUR D'ALENE OFFICE

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Phone (208) 664-9888 | Fax (208) 666-0816

SPOKANE VALLEY OFFICE

16010 E. Indiana Ave., Spokane Valley, WA 99216
Phone (509) 928-8040 | Fax (509) 928-0784

Discharge Instructions - Cataract Surgery

It is normal to experience continued dilation, localized achiness, light sensitivity, and scratchiness of the eye following surgery. If you have severe pain following surgery, a decrease in vision or have other questions related to your surgery, please call the clinic at any time at (509) 928-8040. For urgent questions after business hours or on weekends, please call the main office and stay on the line to be forwarded to an on-call technician.

Do Not:

- Do not drive or operate heavy machinery for at least 24 hours and vision is clear
- Do not consume alcohol or sign legal paperwork for 24 hours
- Do not perform heavy lifting or participate in strenuous activity for at least 24 hours
- Do not rub or press on the operated eye
- Do not allow running water into the eye for 24 hours
- Do not wear eye makeup for 7 days following surgery
- Do not swim or use a hot tub for two weeks (14 days)
- Light Adjustable Lens: Do not remove your UV-blocking glasses until 24 hours after your final light treatment has been concluded. These will be provided to you prior to leaving the surgical center.

You May:

- You may resume routine medications unless otherwise instructed
- You may resume non-contact sports and mild exercise after 24 hours
- You may use Preservative Free Artificial Tears up to 4x daily as needed for comfort.
 - Please wait 5 minutes after administering your prescription eye drops before using tears.
- You may use Advil or Tylenol for mild achiness or discomfort following surgery
- You may travel immediately by plane. Altitude changes will not harm the operative eye

Please:

- Wear your night shield for 24 hours following surgery or until your first post-op appointment and for the next five (5) nights.
- Shake your surgical drops for 30 seconds prior to instilling.
- Close your eye for 2 minutes after instilling any drop and wait 5 minutes in between your different medicated drops.
- Continue your glaucoma medications, if applicable. Do not stop these drops unless directed to do so by your surgeon.
- Bring all drops to your follow up appointments.
- If you have any questions, please call our office at (509) 928-8040.

Revised 10/17/23