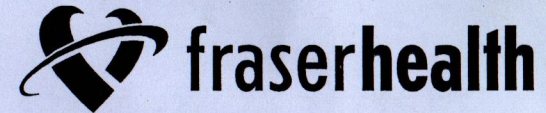


Danielle Fraser



Discharge Instructions Following

Cataract Surgery

With an Intraocular
Lens Implant

If you **CANNOT** contact your
Specialist please **GO TO** the
nearest **EMERGENCY**
DEPARTMENT OR see your
FAMILY PHYSICIAN.

New Glasses

You may require a new prescription
for glasses in about two (2) months.

**For concerns or questions not
answered by this pamphlet speak
to your specialist.**

Follow-Up Appointment at your Eye Specialist Office

Time: _____

Appointment for DANIELLE FRASER

Thu Sep 12, 2013 8:40 AM

with Dr. Robin W. Cottle

204 525 Fifth Avenue, New Westminster

BC (604) 521-3232

POST OP INSTRUCTIONS

If you experience any pain or redness
within 2 weeks after surgery call the office
immediately @ 604-521-3232 (9:00 am - 4:00pm)
After 4:00 pm call Dr Cottle @ 604-222-0288
Cell 604-813-8664

PE:696
Revised June/06

Prepared by:
Surgical Day Care
RMH

Other Recovery Tips

- For the first three (3) days avoid heavy lifting and vigorous activity. Be careful not to trip, fall or bump your eye.
- When picking up things, **kneel** down, as bending over increases your eye pressure which could disturb your lens placement.
- When putting on shoes, lift your feet to avoid bending.
- As your eye may be light sensitive it is recommended that sunglasses be worn outdoors.
- Avoid getting soapy water in your eye when showering or bathing.

Notify Your Specialist IMMEDIATELY If You Experience Any of the Following:

- Severe eye pain or headache which is unrelieved by medication.
- Prolonged nausea or vomiting.
- Increased blurriness after your first office visit.
- Your eye has increased redness, drainage or discharge.

Dear Patient

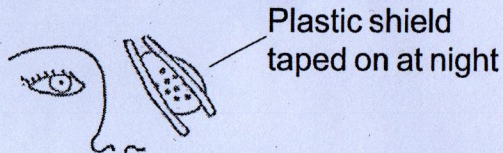
Here are a few simple tips to aid the healing process after your cataract removal and lens implant. Recovery may vary from 4-8 weeks.

Recovery Instructions

Eyepatch/Shield:

- Do not remove or disturb your eye patch/shield. At your follow-up appointment your Eye Specialist will remove them. Arrange for someone to take you to your appointment as your vision may be blurry.
- Because your eye requires protection for up to 4 weeks during the healing process, you will need to wear an eye shield for sleeping. Your Ophthalmologist will show you how to apply the shield and will clarify the length of time you may require the use of the shield.

During the day wear your regular glasses or sun glasses if you are light sensitive.



Eyedrops

To help with the healing process you may be prescribed eyedrops to help your eye heal.

To apply the drops complete the following steps:

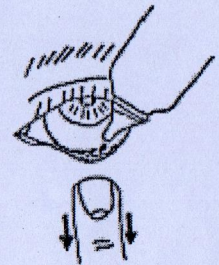
1. Wash and dry hands using a clean towel.
2. Remove eyelid crusting using a cotton ball moistened with warm tap water. Apply gentle pressure to cleanse the eyelid.
3. Identify the correct eyedrop and shake the bottle and remove the cap. To prevent infection avoid touching the bottle tip with your hands and do not touch the bottle tip to the eye.
4. To apply the drops, lean back in a chair or lie down, look up and using your index or middle finger pull your lower lid down gently, forming a pocket.
5. Squeeze the bottle and apply one or two drops into the pocket.
6. Release the lid and gently close the eye for a minute. Gently wipe away excess eyedrop with a tissue.

7. When using several prescribed eyedrops allow a few minutes between eyedrop instillations.

Tilt head back



One (or two) drops into pouch



Eye Medications to be Used:

-
-
-
- Diabetic patients should continue as usual to pay careful attention to control of their blood sugar, diet and medications.

Resume all other usual medications
