



Cataract Surgery Instruction Sheet

Before surgery

- Begin drops 3 days before surgery as instructed
- No food or drink after midnight the day before surgery
- Medications can be taken the morning of surgery with a small amount of water
- Diabetics on insulin should consult with their primary care doctor on amount insulin to be taken

Immediately after surgery

- Keep protective shield over eye
- Start drops the SAME day as surgery by gently removing shield and then putting it back with provided tape
- You can use your eyes for reading, watching TV, and other activities
- You may slowly resume your normal physical activities
- Refrain from vigorous physical activity

First postoperative visit

- Bring your cataract surgery bag and drop(s)

After first postoperative visit

- Continue wearing the protective shield at night only for one week
- Gradually increase your physical activity as directed by your doctor
- Call if you experience worsening pain or loss of vision

Phone numbers

- | | |
|----------------------|--------------|
| • Office | 909-624-8077 |
| • Sunil Shivaram, MD | 909-907-4393 |
| • Anil Shivaram, MD | 909-575-8393 |

