

**Discharge Instructions For: Cataracts/Clear Lens Exchange/Implantable Contact Lens/Intacs.**

1. Do not drive a car, operate any machinery or power tools, drink any alcoholic beverages, or make any important decisions for at least 18 hours following your procedure.
2. You may resume normal, non-strenuous activities after surgery. No bending or lifting over 20 pounds for the next 24 hours. Also continue taking all your normal medications, as well as normal diet.
3. Avoid direct trauma to your eye. Do not rub your eye or apply pressure. Tape the plastic shield over your eye before you go to bed each night for 7 nights to avoid accidental rubbing or bumping of the eye.
4. You may have had an IV placed today. It is normal for the site to be sore, bruised, or swollen. Warm compresses may be applied to help with these symptoms.
5. Patients may read, watch TV, or use the computer for the day following surgery.
6. You may shower, shave and wash hair starting the day after surgery, but avoid getting water in the eye for the first week. No eye make-up for one week following surgery.
7. There are no restrictions on sexual activities.
8. Wear your sunglasses upon discharge from the facility and anytime you are outside during the next week. They may be worn indoors if desired.
9. You may swim after one week, but no diving or scuba diving for four weeks.
10. During the typical healing period after surgery, it is normal to experience a sandy, gritty feeling in the eye. Your eye may tear or feel dry. It is also normal for your vision to be blurry and/or to see floaters during the healing period. The healing period will typically last 1 to 3 weeks and symptoms should improve gradually during this period.
11. Tylenol or aspirin products may be taken for mild discomfort. If you develop severe pain that is unrelieved by these products, or is accompanied by nausea/vomiting or loss of vision, please call the Cleveland Eye Clinic immediately, or go to the nearest emergency room, or call 911.
12. Your doctor will instruct you, at your follow-up visit, about your regular glasses. You may need glasses for best vision depending on which surgery package you chose.
13. Please call the surgeon if you have any questions at any time. 440-540-4768