

# How to Use Your Eye Medications

- Wash your hands well.
- Check medication to make sure you have the correct medication.
- Shake the bottle well.
- Tilt your head backwards and pull your lower lid down to the cheekbone. Your lower lid will be “cupped” and ready to receive the drops or ointment.
- Use your other hand to squeeze a drop or ointment into your eye. Release the lower lid and gently close your eye for a few seconds.
- Gently blot excess medication with a clean tissue or cotton ball.
- If more than one medication is ordered for the same eye wait a few minutes before using the second one. Always put drops in before ointment.
- You may find it helpful to have a friend or family member assist you.

## Cataract Surgery Patient Information



Making better  
decisions together  
with patients  
and families

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# Patient Information for Cataract Surgery

## 1. Fasting Instructions

- You may have clear fluids 4 hours before your surgery.
- You may have a light breakfast (toast, clear fluids) 6 hours before your surgery.
- No dairy products (no milk)

2. The medications you received during your cataract surgery may affect you for up to 24 hours.

For your own safety please follow these guidelines:

- You must be accompanied home with an adult even if you travel by taxi.
- We suggest a responsible adult stay with you for the day and night.

3. Following the procedure, until the next day,

### **Do Not:**

- Travel alone
- Drive a car
- Operate machines
- Make important decisions
- Sign important papers
- Drink alcohol
- Take recreational drugs

4. If your eye becomes uncomfortable you may take Tylenol or any other pain relief medication to which you are accustomed. Avoid aspirin unless otherwise instructed.

5. You may resume a normal diet.

6. You may resume normal activities except strenuous exercise and heavy lifting for 2 weeks. Follow proper body mechanics, avoid bending with head below waist.
7. You may bathe (**no showering**) as long as you are careful to avoid water or soap in your eye for 3 days.
8. Keep cosmetics hair spray, lotion, cologne etc. away from your eyes for 2 weeks.
9. Do not drive until you check with your physician.

## How to Care for Your Eye

- Wash your hands.
- Every morning and at any time when your eye feels sticky, moisten a cotton ball with warm tap water and gently wipe once over the closed eye.
- Always wipe from your nose out to your cheek.
- Use a fresh cotton ball each time you wipe your eye.
- **Do Not Rub Your Eye.**
- You may feel more comfortable if you wear dark glasses in bright light.
- Once home, continue with all eye drops as prescribed until bottle empty.

### **Notify your physician if you experience any of the following:**

- A fever of 101°F/38.2°C or higher
- Persistent or severe eye pain
- A sudden decrease in vision
- If the quantity of sticky discharge increases or changes from straw colour to a greenish colour
- It is normal to have blurry vision, and see halo's around eye, can experience a grainy feeling in the eye for 24 hours.