

## Care After Small Incision Technique

Dr. Alpren and Dr. Graves perform state-of-the-art cataract surgery. In most cases, you will have the new small incision technique performed. However, because of technical factors and the anatomy of your eye, sometimes it is better to do the more traditional extracapsular technique. Your doctor can explain this technique to you. The routine before surgery is the same for both techniques. However, your instructions and restrictions may be slightly different after surgery.

1. You may sleep on either side. (Remember to wear your shield while you sleep for 1 week.)
2. Do not swim for 1 week.
3. You may resume all other normal activities immediately, or as soon as you feel able.
4. **Yes!** You can lift anything, bend, bowl, golf, jog, houseclean, mow the lawn, read, and watch TV.

### Eye Drops (to be started the day of surgery)

1. \_\_\_\_\_ use *one drop* in the \_\_\_\_\_ eye *four times a day* until seen in the office.
2. \_\_\_\_\_ use *one drop* in the \_\_\_\_\_ eye *every two hours* for \_\_\_\_\_ days.
3. \_\_\_\_\_ use *one drop* in the \_\_\_\_\_ eye *four times a day* for \_\_\_\_\_ days.

### Other

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## What to Expect After Eye Surgery

1. You may have a sticking or scratching sensation in your eye for several days.
2. Mild pain is sometimes present for 24 hours. (Usually plain Tylenol will relieve this pain.)
3. Double vision is common in the first 24 hours.
4. Vision may be blurry for several days to weeks. This will clear with healing and your new glasses.
5. Moderate to severe redness is common; this will disappear.
6. Occasionally the lower eye lid may be black and blue.
7. Mild crusting on the eye lids may occur for one to seven days.
8. Your facial muscles may feel weak and numb for 24 hours after surgery.
9. You may notice some floaters (black spots in vision).
10. Mild eye tearing is common for several weeks after surgery.
11. You will be fitted with new eye glasses when your eye has healed.

### *Call your doctor if any of the following occur:*

1. Severe pain in the operated eye.
2. Large amounts of continuous pus or mucous draining from the operated eye.  
A little discharge in the morning is normal.
3. Sudden decrease in vision or development of shadows or curtains over vision.

If you have any questions or concerns, your doctor would prefer you call rather than worry needlessly.

**We are available 24-hours-a-day by calling  
(414) 281-0424**