

**CHESAPEAKE EYE SURGERY CENTER
DISCHARGE INSTRUCTIONS FOR
CATARACT SURGERY
DR. MARIA SCOTT**

BECAUSE YOU HAVE RECEIVED SEDATION FOR YOUR PROCEDURE:

- 1. DO NOT DRIVE A CAR, OPERATE MACHINERY, OR ATTEMPT TO RETURN TO WORK UNTIL CLEARED BY YOUR SURGEON**
- 2. AVOID MAKING CRITICAL DECISIONS OR SIGNING LEGAL DOCUMENTS UNTIL TOMORROW.**
- 3. DO NOT SMOKE OR DRINK ALCOHOLIC BEVERAGES FOR 6 HOURS.**

<p>IN CASE OF A MEDICAL EMERGENCY, CALL 911: FOR ANY PROBLEMS OR QUESTIONS REGARDING YOUR SURGERY TODAY, PLEASE CALL THE SURGERY CENTER 410-571-9881 UNTIL 4 PM AFTER 4 PM ON THE DAY OF SURGERY, PLEASE CALL YOUR DOCTOR AT ANNE ARUNDEL MEDICAL CENTER 443- 481-1000 AND <u>ASK THE OPERATOR TO PAGE DR SCOTT</u></p>	
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- Do not touch or rub your eye; Avoid straining to lift; Avoid swimming and hot tubs; Avoid dusty or dirty environments; Avoid gardening or yard work; Avoid eye makeup for the first ten days after surgery.
- Remove the bandage at your IV site when you arrive home.
- You may be sleepy following the procedure; rest for the remainder of the day. Refer to your surgical packet with regards to resuming normal activities.
- You may try wearing your eye glasses. Remove if you experience dizziness or nausea. **DO NOT** remove your eyeglass lenses until advised by your surgeon.
- Wear your shield whenever you sleep for the first 3 days.
- Start your eye drops when you get home. If there is a shield over your eyes, please remove it before starting your eye drops. It is important to follow these instructions for inserting your eye drops.
- Unless otherwise instructed, you should resume your regular diet and medication(s).
- It is normal for you to experience burning, foreign body sensation, blurred vision, redness, mild discharge, increased tearing and/or red hue to your vision. You will remain dilated for up to 24 hours after surgery. You may use a Q-Tip moistened with warm water to very gently swab crusting or discharge from your eye. **DO NOT** apply any pressure to your eye.
- If you experience, have severe pain (not relieved by Tylenol), nausea or vomiting, please call your surgeon. If after the first day you have increased redness, swelling, pain or decreased vision, call your surgeon.
- Do not drive to the office for your one day appointment. You will be advised as to when you can drive at this appointment.
- Patient cleared for discharge when all standards are met. _____
Physician Signature
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Follow-up,

AM SUITE 320 Front Desk not Kiosk

Patient Signature

RN Signature