SANTA MONICA
EYE MEDICAL GROUP
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Cataract Surgery Worksheet

1 DAY BEFORE SURGERY INSTRUCTIONS

- **Do not eat or drink (INCLUDES WATER) after midnight before your surgery.**
  - Unless instructed by your Doctor, take your usual medications with a SMALL sip of water.
- Someone from our office will call you the day before to give your scheduled arrival time.

MORNING OF SURGERY

- Pause any diabetic or blood thinner medications.
- Bring your list of medications to the surgery center.
- Expect to be at the surgery facility for 3-4 hours.
  - This includes pre-op, surgery, and post-op recovery time.
- Due to COVID-19, only the patient is allowed in the surgery center (this includes the lobby area). The surgery center will call your designated driver when to pick you up after surgery. **CANNOT BE LYFT/UBER/TAXI/ETC.**

AFTER SURGERY INSTRUCTIONS

Week 1 Instructions & Restrictions

- **Instructions:**
  - Wear shield when sleeping
  - Wear sunglasses when bothered by bright light
  - Sponge bathes only for the first 72 hours post-op
- **Restrictions:**
  - No rubbing eyes
  - No bending below the waist (2 weeks)
  - No wearing makeup near/on eye (2 weeks)
  - No getting hair washed/cut ("done")
  - Do not harshly cough/blow nose
  - No water activities, shower with eyes closed after 72 hours
  - No rigorous activities (ex: bicycling, yoga, dancing, running, speed walking, sexual intercourse, lifting, etc. 2 weeks)

Week 2 Restrictions (continued)

- No eye makeup
- No rigorous activities
- No bending below the waist
- No water activities, shower with eyes closed

Week 3 Restrictions (continued)

- No water activities, shower with eyes closed

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Eye Drop Instructions

Surgery Date: _____/_____/_____

❑ **RIGHT** ❑ **LEFT**

1 day *before* surgery ○ ○

Day of Surgery

Before Procedure ○

After Procedure ○ ○ ○

Post-Op **WEEK 1**

Day 1	○	○	○	○
Day 2	○	○	○	○
Day 3	○	○	○	○
Day 4	○	○	○	○
Day 5	○	○	○	○
Day 6	○	○	○	○
Day 7	○	○	○	○

Post-Op **WEEK 2**

Day 8	○	○	○
Day 9	○	○	○
Day 10	○	○	○
Day 11	○	○	○
Day 12	○	○	○
Day 13	○	○	○
Day 14	○	○	○

Post-Op **WEEK 3**

Day 15	○	○
Day 16	○	○
Day 17	○	○
Day 18	○	○
Day 19	○	○
Day 20	○	○
Day 21	○	○

Post-Op **WEEK 4**

Day 22	○
Day 23	○
Day 24	○
Day 25	○
Day 26	○
Day 27	○
Day 28	○

*For professional use only. OSRX specializes in customizing compounded medications to meet unique patient and practitioner needs. Compounded drugs are not FDA-approved, which means they have not undergone FDA premarket review for safety, effectiveness, and quality. **View potential adverse events and contraindications at: www.osrxpharmaceuticals.com/osrx-api-aecontraindication**