



**TYPICAL Post-Op SYMPTOMS: You may notice...**

Blurry or Hazy Vision for the first several days, but Blurry vision may last for a couple weeks.  
Flickering/Reflecting lights or "Fluttering" (Arc-shaped pattern) in your peripheral vision for days to weeks.  
A Mild Ache for the first few days.

**ACTIVITIES TO AVOID:**

Avoid Lifting/Pushing anything that causes you to STRAIN for at least 1 (one) week  
Avoid Bending/stooping/head positions that causes a "pressure" feeling in your head for 1 (one) week  
Avoid dusty/dirty environments - wear protective eye wear if you must be around dust/dirt  
No eye make-up for at least 1 week (being careful not to rub eye when removing make-up for 4 weeks)  
No swimming and Avoid splashing water into eye for 2 weeks

**PRECAUTIONS:**

Wear Eye Shield at bedtime for 1 (one) week  
Take a shower or bath, but cautiously wash your eyelids — no splashing  
Wear sunglasses if light sensitive  
Wear eye protection when needed

**APPROVED ACTIVITIES: You may...**

Sleep on either side, but use the eye shield for the first week after surgery  
Watch TV, read, or work on computer, etc  
Perform most household activities, but minimize "STRAINING" for 1 week  
Participate in most exercise routines, except avoid straining to lift/bend for 1 week  
Have your hair styled at barber/beauty shop (being careful not to get hair or hair product in eyes)

**EYEGASSES:**

Most, not everyone's, eyeglass prescription changes after cataract surgery.  
Patients may have trouble deciding whether they see better with their old glasses or not, especially between your first and second eye. Some will see better without glasses. Some see better using old glasses. A few (very few) patients will prefer to remove one lens. Try each option to determine which method allows you to function best. YOU WILL NOT STRAIN OR HARM EITHER EYE DURING THIS PERIOD.  
Many people can function well with Over-the-Counter "Drugstore" readers during this healing period.  
Start with **+2.50 READERS** and vary the power up or down to find the one best for you.  
You can consider new glasses options typically 1 month after your final surgery.

**CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:**

SEVERE PAIN  
SIGNIFICANT REDNESS  
INCREASED FLOATERS OR FLASHES OF LIGHT - like lightning streaks or flash bulb  
SUDDEN LOSS OF VISION  
SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

|                               |                               |                                |                              |
|-------------------------------|-------------------------------|--------------------------------|------------------------------|
| STOW LOCATION<br>330.928.0201 | KENT LOCATION<br>330.678.0201 | AKRON LOCATION<br>330.836.8545 | AFTER HOURS:<br>330.475.7385 |
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Lawrence E. Lohman, M.D.

Marc F. Jones, M.D.

Matthew C. Willett, M.D.

Kimberly A. Cingle, M.D. Elizabeth Shanika Esparaz, M.D. Elizabeth D. Muckley, O.D. William R. Rudy, O.D.

Katie L. Greiner, O.D. Katherine Hastings Zajac, O.D. Marcella E. Pipitone, O.D. David B. Beckett, O.D.

**DRIVING:**

You will NOT be allowed to drive home from the Surgery Center—please make arrangements.  
We ask that you do NOT drive until you discuss with your doctor during one of the postop visits.  
If your doctor indicates that you are "legal to drive", we ask that you  
1) Limit driving to day-time only and familiar areas for at least the first several days,  
2) Please use YOUR best, safest judgment on whether you are safe to drive.