

## How Soon Can I ...

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**Return to work?** For most people, the next day. If your work requires bending, working in a dirty environment or heavy lifting, we recommend you wait one week.

**Drive?** You are not legal to drive for 24 hours post surgery. After 24 hours, patients comfortable with their vision may return to driving. Nevertheless, it may be best that you arrange a driver until your post-surgery vision is determined.

**Rub my eyes? / Lid hygiene?** Avoid touching or rubbing your eye for at least 1 week post surgery. This includes resuming lid scrubs or lid hygiene.

**Get my hair done /colored? / wear eye make-up?**

No chemicals or contaminated water for 1 week. No eye make up for one week.

**Go swimming?/Shower?** No swimming for two weeks! It's best to wait at least 2 days before showering, or as instructed by your Doctor. When showering, avoid getting water, soap or shampoo in the eye and keep eyes turned away from the shower

**Travel?** You may fly in an airplane the next day. Arrange travel plans so you are available for post-op appointments which typically occur 1 day, 1-2 weeks and 1 month after surgery. Be careful to avoid luggage dropping from overhead bins onto the eye(s).

**Exercise?**

No strenuous activity, weight lifting or heavy lifting for 1-2 weeks after surgery.

**Floaters?**

A cataract can often hide floaters. Once the cloudy lens (cataract) is removed, floaters may become more visible. Notify the office if you experience a rush of floaters or persistent flashes of light.

**Bending Over?**

You may bend over for brief periods, for example: tying shoe laces, picking up groceries, etc.

No Yoga poses requiring head down positions, or similar activities, for at least 1 week post surgery.

**What do I do about my glasses?**

Most of the time, your old glasses will not harm your eyes. You may continue to wear them until your final prescription is written approximately 1 month after your cataract surgery, or you may have an optician remove the lens - whichever is more comfortable for you. The 'refraction' to determine your new glasses prescription is not included as part of the medical post operative care. \*\*You are responsible for the refraction charge of \$65.00 (that Medicare does not cover) when the Doctor has indicated you are ready for your new glasses prescription. \*\*