

**SURGERY CENTER OF PINEHURST  
10 FIRST VILLAGE DRIVE  
PINEHURST, NC 28374  
910-235-5000**

**Home Instructions for Cataract Surgery**

**ACTIVITY:**

Rest today, no bending or exertional activity.

Activity requiring coordination or balance, such as driving a car or riding a bicycle, should not be undertaken until all effects of the anesthetic are worn off. This takes 48 hours or more. Do not drive if you are taking any narcotics. Wear shield at bedtime for 1 week. Do not rub your eye. If you have increased redness, decreased vision, or increased pain call doctor immediately.

**DIET:**

Start slowly and see how your stomach tolerates food then advance to a regular diet.

***MEDICATION INSTRUCTIONS:***

When you get home from surgery, instill one drop of each medication in the operative eye, do again prior to bed time and again in the morning. During your postop visit with Dr. Whitaker you will receive instructions on how to continue your drops during your postop period. Shake eye drops well before use. Wait 5 minutes between all drops.

**Do not use Tetracaine drops after surgery.**

**Keep your follow up appointment for the date and time given to you.**

**If you have any questions or concerns please call your Surgeon**

**PHONE NUMBER:**

**919-774-8631 Sanford Office**

**910- 215-2647 Pinehurst Office**

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**Dr. Whitaker**