



---

# Instructions for After Your Cataract Surgery

## Day 1 Post-op Instructions

For the next **7 days** following your cataract surgery

- 1. No bending or leaning over.**
- 2. Do not lift anything over 10 pounds.**
- 3. Do not rub your eyes.**
- 4. Do not get water in your eyes.** You may wash around your eyes with a warm damp cloth.
- 5. Always wear your eye shield while sleeping** to prevent accidental pressure being placed on your eye. The shield may be removed in the morning.

Please continue to follow instructions on eye drop sheet.