Dr. Kopstein

**Cataract post-operative instructions**

1. Resume all eye drops as indicated on the attached instructions.
2. Do not rub your eyes. It is normal to have a scratchy sensation or feel like something is in your eye; artificial tears may help.
3. Blurred vision is normal. You may also see lights, halos, a shadow, different colors, shimmering objects or linear streaks in your vision. This is normal and temporary.
4. You may experience brief, sharp pains during the healing process. These sensations will go away in the next six weeks; using artificial tears may help.
5. Your depth perception will be different today. Please be careful with curbs, getting in and out of the car and going up stairs.
6. You may exercise, read or watch television as normal. There is no problem with bending, stopping, lifting or coughing. You may shower but should wait at least 1-week to go swimming or into a hot tub.

**Call us if you have any of the following symptoms:**
- Severe pain that is not improved with a nap and artificial tears
- Severe red eye or increased light sensitivity
- Worsening or decreased vision after 24-hours
- Many new floaters (one or two is normal)

If you have any questions or concerns, please call us at 907-796-8700