

**MCCANNEL EYE CLINIC**  
**CATARACT SURGERY DISCHARGE INSTRUCTIONS**

- 1) Although you will be awake and alert in the recovery room, small amounts of anesthetic will remain in your body for at least 24 hours and you may feel tired and sleepy for the remainder of the day. Once you are at home, take it easy and rest as much as possible. It is advisable to have someone with you at home for the remainder of the day.
- 2) Drink plenty of fluids. Alcoholic beverages should be avoided for 24 hours after your anesthesia or intravenous sedation. You may continue any medication from your general medical doctor unless instructed otherwise.
- 3) Increased bleeding, prolonged nausea, vomiting or pain should be reported to your doctor at 952-848-8300. Some discomfort in the operative eye the day of surgery is normal.
- 4) The small holes in your eye shield let light pass through. It will look like dots or flashes of light—they are NOT floaters.
- 5) You may have some pinkish drainage from your operative eye. This is normal. Your eye will also feel scratchy. **DO NOT RUB YOUR EYE.**
- 6) Avoid getting water in your eye. You may resume showers/baths after your post-op visit.
- 7) After the shield is removed, you may notice a black eye or swollen lids. This is due to the eye block and is normal. The whites of your eyes may look red. This is also normal, and is caused by the eye block and the eye drops used before surgery.
- 8) You may experience hazy, blurry or **double vision** in the operative eye for a few days. **This is normal and will improve daily.**
- 9) Please bring your eye drops to your appointment tomorrow.

RETURN APPOINTMENT: \_\_\_\_\_ at McCannel Eye Clinic.