



## POST OP CATARACT INSTRUCTIONS

- No driving for 2 days after you are seen post op and not until you are comfortable with your vision.
- Ok to bend over and pick things up. Don't lift anything that you must strain to pick up for 2 weeks.
- Ok to shower and wash your hair/face normally. Just be gentle.
- You can dab your eyes gently. Don't rub, especially aggressively.
- No swimming for 2 weeks (pool, hot tub, ocean).
- Exercise: Ok to do anything aerobic or isometric. No heavy lifting for 2 weeks. Use common sense.
- Flying after cataract surgery is not a problem for your eye. The only concern is that if you have a problem while away, you will need to find another ophthalmologist to care for you.

2/8/2023