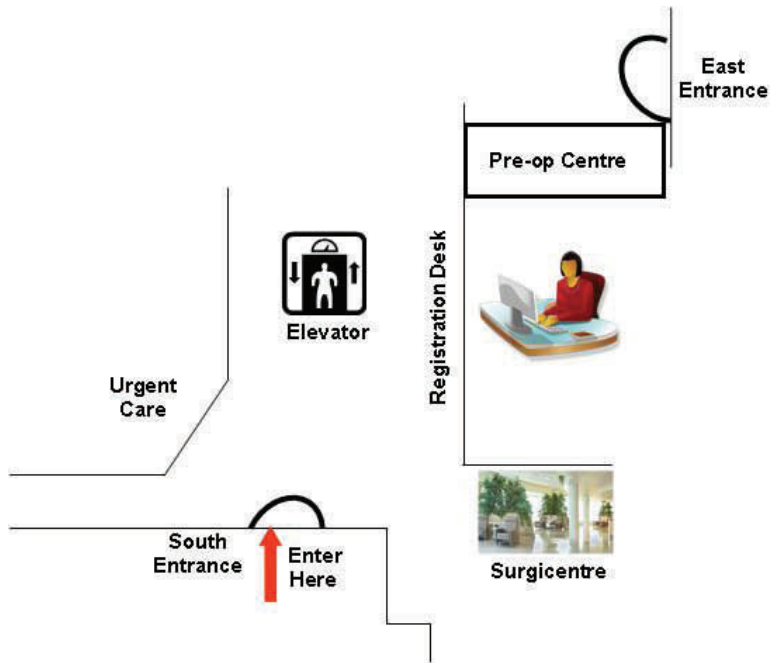


Map of Trillium Health Centre—West Toronto



Trillium Health Centre	
Mississauga	West Toronto
100 Queensway West Mississauga, ON (905) 848-7100	150 Sherway Drive Toronto, ON (416) 259-6671



Your Health. Our Passion – for Life

After Your Eye/Cataract Surgery

The following are
general guidelines.
Your surgeon will
provide you with more
specific information.

Diet

- You may return to a normal diet.



Activity

- Try to avoid lifting objects over 20 pounds for 3 weeks.

Drops

- If you have a **SHIELD** over your eye, **DO NOT** remove it or instill any drops until you see the doctor.
- Wear your SHIELD at night.
- If you **DO NOT** have a SHIELD, start your drops when you get home, as per the printed instructions.



Comfort

- Avoid lying/sleeping on the operative side.
- Avoid soap/shampoo in the eye.
- Wear glasses or sunglasses if the light bothers you—even indoors.
- DO NOT RUB YOUR EYE.**
- If you have severe pain or pressure that Tylenol does NOT relieve, go to the Emergency Department

Follow-up

- See your doctor tomorrow in the office at: _____ hours.

