



Clinic location for all post-op visits: Clear Vision Clinic
1651 E Stearns St Ste 110, Fayetteville, AR 72703



1 BEFORE SURGERY

- Do not eat or drink anything after midnight the night before surgery. This includes water, gum, mints, candy, coffee, breakfast, and snacks.
- If you normally take heart or blood pressure medicine in the morning, take it with a small sip of water the morning of surgery.
- Stop diet pills or appetite suppressants two weeks before surgery.
- You must have a responsible adult drive you home, stay with you for 24 hours after surgery, and bring you to your post-op appointment. Taxis, buses, and rideshare services are not substitutes.
- Have someone stay at the surgery center during your surgery so the surgeon can speak with them afterward.
- On surgery day, wear loose-fitting clothing. Do not wear makeup, creams, or aftershave.



2 AFTER SURGERY

- Do not rub or press on the eye.
- Keep the plastic shield taped on your eye until the next morning. Sleep in the shield for the first week.
- You may resume your regular medications right after surgery.
- Most normal activities can be resumed the next day, but avoid vigorous exercise, running, and sports for 1 week.
- Do not swim or dunk your head under water for 2 weeks.
- No heavy lifting more than 10 pounds for 1 week.
- No eye makeup for 1 week.
- You may shower after 24 hours, but keep water out of the eye and do not dunk your head under water. Pat dry gently and do not rub the eye.



3 CALL YOUR SURGEON RIGHT AWAY IF...

- ★ Sudden decrease in vision
- ★ Sudden increase in pain
- ★ Multiple flashes of light
- ★ A sudden increase in floaters
- ★ Black spots, shadows, or a curtain coming across your vision



4 WHAT IS NORMAL AFTER SURGERY?

- Itchy, watery, or blurry vision can be normal.
- Mild discomfort, tearing, or a scratchy / sandy feeling can be normal.
- You may use acetaminophen (Tylenol) if needed for discomfort.
- Keeping the eye closed often helps.
- Preservative-free artificial tears in single-use droppers may be used during the first week for comfort.
- Use artificial tears a few minutes after your surgery drops.



5 BILLING INFORMATION

- Cataract surgery charges are for each eye.
- Charges may come from: Clear Vision Clinic, the Surgery Center, and Anesthesiology.
- Clear Vision Clinic only handles billing and insurance for its own charges.
- The Surgery Center will contact you before surgery about any facility out-of-pocket costs due on or before the day of surgery.
- If you have questions about facility charges, contact the Surgery Center billing department.



Call or Text:

479-425-3541

Please call with any questions or concerns.

Patient Name: _____

Surgery Date: _____

Your Surgeon: Dr. Sarah M. Covey, MD

Operative Eye: Right / Left

Surgery Center: _____

IMPORTANT INSTRUCTIONS

- Fill your prescriptions before surgery; when ready for the second eye, call the pharmacy for a refill.
- Wash your hands before using your eye drops.
- Shake the steroid drop before use.
- Evenly space the drops throughout the day.
- Check the box each time you use a drop.
- ★ Day of surgery: do not eat or drink anything before surgery.
- ★ Do not wear makeup or fake eyelashes to surgery.

MEDICATION KEY



Antibiotic
(usually tan cap)



Steroid
(usually pink cap)



One dose is one drop.
Wait 3 minutes between drops and keep your eyes closed after each drop.

1 BEFORE SURGERY & DAY OF SURGERY

One day before surgery: 4x/day Date: _____

	Antibiotic	☐	☐	☐	☐
	Steroid	☐	☐	☐	☐

Day of surgery: 4x/day Date: _____

	Antibiotic	☐	☐	☐	☐
	Steroid	☐	☐	☐	☐

2 FIRST WEEK AFTER SURGERY

	Day 1: 6x/day Date: _____	Day 2: 6x/day Date: _____	Day 3: 6x/day Date: _____	Day 4: 4x/day Date: _____	Day 5: 4x/day Date: _____	Day 6: 4x/day Date: _____	Day 7: 4x/day Date: _____
	Antibiotic	☐	☐	☐	☐	☐	☐
	Steroid	☐	☐	☐	☐	☐	☐

3 SECOND WEEK AFTER SURGERY — Steroid only (no antibiotic), 3x/day

	Day 8: Date: _____	Day 9: Date: _____	Day 10: Date: _____	Day 11: Date: _____	Day 12: Date: _____	Day 13: Date: _____	Day 14: Date: _____
	Steroid	☐	☐	☐	☐	☐	☐

4 THIRD WEEK AFTER SURGERY — Steroid only (no antibiotic), 2x/day

	Day 15: Date: _____	Day 16: Date: _____	Day 17: Date: _____	Day 18: Date: _____	Day 19: Date: _____	Day 20: Date: _____	Day 21: Date: _____
	Steroid	☐	☐	☐	☐	☐	☐

5 FOURTH WEEK AFTER SURGERY — Steroid only (no antibiotic), 1x/day

	Day 22: Date: _____	Day 23: Date: _____	Day 24: Date: _____	Day 25: Date: _____	Day 26: Date: _____	Day 27: Date: _____	Day 28: Date: _____
	Steroid	☐	☐	☐	☐	☐	☐



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