

Post Cataract Surgery Advice

Overview

After the cataract surgery, it is important to take certain precautions to reduce the risk of infection and other complications.

The time frames provided are approximate and may vary between patients. Always clarify any doubts with your doctor.

Please note that you should not drive on the day after the surgery, and it is beneficial to have someone accompany you home.

Right after surgery

You may experience sensations of discomfort or irritation, up to 4 weeks. Please ensure that you do not rub your eye.

Your vision may be blurred for the first few days, and you may experience slight redness or swelling, which should gradually disappear.

Common symptoms that are due to local anaesthetic and will wear off over a few hours.

- Numbness over the injected side of the face.
- Mild headache.
- Double vision.

In the 1st month post-surgery:

- You can go outdoors but avoid crowded or dusty areas. Do not engage in strenuous activities (eg. jogging, swimming, tai-chi, ball games).
- Avoid carrying children who may accidentally poke your eye.
- Avoid bending down to pick up things.
- Avoid carrying heavy objects.
- Avoid coughing or sneezing too hard.
- Avoid getting soap/water into the eye.
- Refrain from driving or riding a bike, subject to your doctor's advice.
- Avoid swimming.
- There is no dietary restriction, but do take plenty of fruits and vegetables to avoid constipation.

Activities you can do

- Reading and watching television.
- Light exercise e.g. brisk walking is allowed 4 weeks after the surgery.
- Before engaging in strenuous exercise (eg. jogging, tai-chi, swimming or badminton), please consult your surgeon.

Medications

- Eye drops and all medications to be taken as prescribed (refer to page 4 on "Eye Drop Treatment").
- Most other oral medications can be continued upon returning home.
- Please note that aspirin, anticoagulants and other antiplatelets can be continued only after consulting your surgeon.

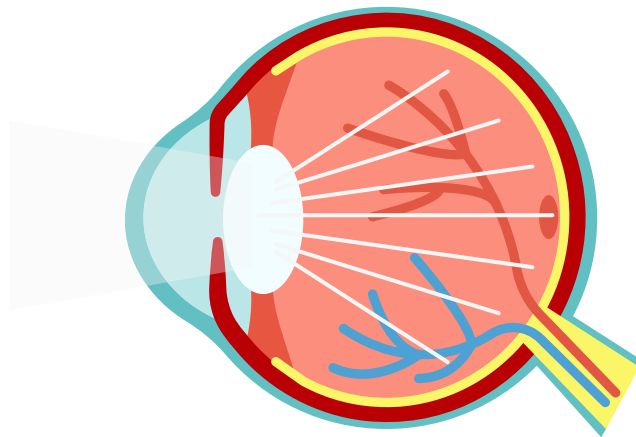
What to expect post-surgery

Vision will be clearest at about 1 month after the operation. Eye drops will gradually be tailed off. A refraction test will be done to check the power of the eye. Glasses or contact lenses may then be prescribed accordingly.

Follow Up Appointments

You will be examined regularly at the hospital. Remember to keep your appointments with the doctor as we want to ensure that you have a smooth recovery and good surgical outcome.

Following these instructions ensures accurate results, leading to precise diagnostic and therapeutic decisions.

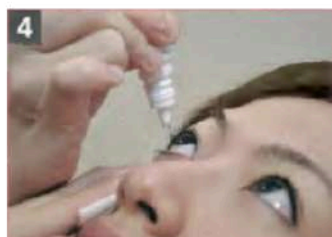
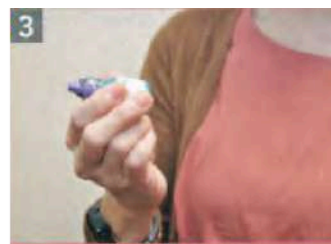
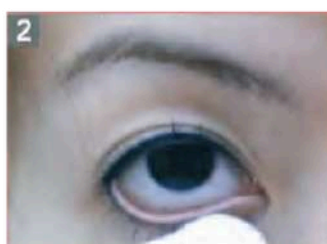
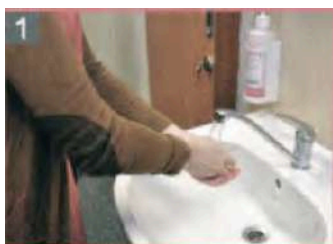


Eye Drop Treatment and Medications

Eye drops and all medications are to be taken as prescribed.

Ensure that you are instilling your eye drops in the correct manner:

1. Wash your hands before applying eye drops and touching the eye.
2. Use cool, boiled water or sterile saline to gently clean the eyelids (whenever the eye feels sticky) with a sterile cotton ball.
3. Shake the bottle and remove the cap.
4. Hold the bottle close to the eye without touching the eyelid or eyelashes. Tilt your head back, look upwards and put the lower eyelid down. Instil one drop into the eye.
5. Close and do not rub the eye. Gently dab off excess eye drops.



Important to note:

- Keep eye drops in a cool place
- Discard the eye drops one month after opening or upon expiry date.
- If more than one type of eye drops are to be applied to the same eyes, wait 3 minutes before instilling the next eye drop.
- In general, eye drops need to be instilled during waking hours only

Contributed by Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of March 2024 and subject to revision without prior notice.



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