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Cataract Surgery Post-op Information: Do's and Don'ts

Immediately after cataract surgery

Before you leave the day surgery, you will be prescribed eye drops or other medication to prevent infection and reduce inflammation. You will need to have a family member or friend with you to take you home. Once you get home, it is recommended that you rest your eyes and relax.

At this stage, it is likely that your vision in the eye is still blurry. A clear plastic shield will be placed over your eye to protect it over it overnight. Several hours post-surgery, most people are able to watch some television or look at a computer screen for a short period of time. Because cataract surgery is only performed on one eye at a time, you may notice an imbalance in your vision until the second eye is operated on.

Days after cataract surgery

It is normal for vision to be blurry in the beginning – your eye needs to heal and adjust. Vision will normally begin to improve within a few days of the surgery. It's also normal for your eye to look little angry, and to feel gritty, watery, itchy and mild discomfort for a couple of days. This discomfort should disappear after a few days. I advise patients to wear the protective plastic eye shield for one week, particularly when sleeping to ensure you do not inadvertently damage your eye

Tips for post cataract surgery recovery

Although most people can resume everyday activities 24 hours after cataract surgery, there are a few instructions that you will be asked to follow. They include:

- **Don't do any strenuous activities for a few weeks.** Avoid rigorous exercise and heavy lifting for up to **4 weeks**. You may continue normal daily activities and minimal physical activities. You can bend down to pick small things up.
- **Don't do gardening and stay away from dusty areas.** Avoid gardening for at least 2 weeks. It's a great idea to have your house vacuumed and cleaned before surgery, as your eyes will be sensitive to airborne allergens such as dust.
- **Don't drive.** It is recommended not to drive at least for a week following surgery. You can drive when you feel comfortable and confident and as long as you can read a car number plate from about 20 metres away (about four car lengths).
- **Please use the eye drops as prescribed.** These are important to prevent infection and inflammation and ensure proper healing. If you have difficulty in administering them,

get a friend or family member to help you out. Please ensure that hands are washed before putting drops.

- **Don't rub your eye** or press on your eye. Eye rubbing is a quick way to develop a nasty infection.
- **Don't swim.** Avoid swimming for **4 weeks**
- **Don't wear make-up.** Do not use any type of eye make-up (powders, foundation or eye make-up) for at **least one week** after surgery. It is recommended to wait **one month** after surgery.
- **Bathing and showering.** You may bath and shower as normal but make sure you do not get any soap or shampoo in the operated eye for at **least 2 weeks**.
- **Work.** You can return to work, depending on your type of employment, after **about one weeks**. Please discuss with me any specific work-related queries.
- **Flying** after cataract removal surgery will not harm your eye. Most people could fly in few days after cataract surgery, if that is required. The recirculated and dry air in an airplane may cause some irritation after eye surgery.

It is safe to

- Shave or bathe from the neck down the day after surgery. Use a clean wet towel to wipe your face. Do not let water splash into the operated eye
- Read, watch TV and use the computer within a few hours
- Perform gentle exercises and normal household activities
- Consume your usual diet
- Wear sunglasses when you are outdoors. Protect your eye from dust, soap water and wind even when indoors.
- After cataract surgery, it is perfectly alright to try a pair of '+3.0D', 'off the shelf' inexpensive reading glasses as a temporary solution until you get a permanent glass prescription which is advised to have only after 4 weeks.

Problems to report:

You can contact the nursing staff at Nuffield hospital (**01743 818926**) or my personal secretary on **07307 22 77 22** if you have any of the following symptoms after discharge:

- A sudden reduction in vision
- Excessive redness
- Pain
- Swelling

<https://viswa.uk/cataract-surgery-after-care>

