

Dr. Gogate's Eye Clinic

Do's and Don'ts after cataract surgery

Cataract surgery involves removing the eye's natural lens and replacing it with an artificial lens - an intraocular lens (IOL) implant. Post-surgery care is important, since the eye requires proper healing to function correctly with the new implant.

Don'ts

Don't rub the eye with your hand as this can cause infection or dislodge any stitches (rarely used in modern cataract surgery). If the eye waters or itches, wipe it gently with a clean tissue or better still sterile, moist cotton swab.

Do not have a shower bath for the first 10 day after surgery

Do not wash the eye with normal water for at least 10 days.

Do not read for one week

Do not play with children for a month to avoid any possible injury.

Do not lift heavy weights, but you may bend as when tying your shoe laces.

Avoid deep and straining coughing, sneezing while passing stools for a month.

Avoid non-contact sports that endanger the eye. (E.g. swimming).

Finally, if there is a problem consult your eye doctor immediately

Dos

One who had undergone the cataract surgery can resume his/her household activities after one week.

One can shave after 3rd day of the surgery.

One can resume activities like watching TV or shopping after 2-3 days of surgery.

Instill your eye drops regularly as prescribed by the doctor.

The attendant should carefully wash his/her hands well with soap and water before applying post-operative eye medications in the affected eye of the patient.

- 1) Do not touch the tip or nozzle of the bottle.
- 2) Keep the bottle at a safe distance from the eye.
- 3) Tell the patient to look up and gently pull down the lower eyelid with your left thumb while holding the bottle in your right hand.
- 4) Apply the eye drops in the lower and inner part of the patient's lower eyelid.
- 5) Use the eye shield as instructed. Wear the supplied shield at night over the operated eye for two weeks after the operation. This protects the eye from accidental damage during sleep.
- 6) Use adhesive tape to keep the shield in position.
- 7) The shield is reusable but should be washed with soap and water before each use.
- 8) Take care when putting on your glasses.
- 9) Cover the ends of the ear pieces with your thumbs to avoid accidental damage to your eye.
- 10) Only bath your eyelids if they are sticky in the morning. Use a piece of cotton tissue soaked in clean warm water. Prepare this by boiling water and then allowing it to cool.
- 11) When you wash your hair, keep the soap out of your eyes by leaning back, or by getting someone to wash it for you.
- 12) You can use your old spectacles immediately after the operation, but don't expect them to give you perfect vision they may even make your vision worse in the operated eye.
- 13) You will probably need new spectacles, but this can only be checked accurately about two months after the operation.
- 14) If your eyes are uncomfortable in bright light, wear dark spectacles.