

You are entitled medical leave after your cataract surgery. Usually try to take time off for at least 2 weeks. Depending upon your job, this can be increased as well. The nurse will give you a discharge letter which will also contain information about medications and eye drops.

You may read and watch TV.

Gentle exercises are fine too.

You can go out but try to avoid crowded and dusty places. Wearing sunglasses when you are outdoors may help to keep your eyes comfortable and less sensitive to light.

You will be given eye drops for about a month to prevent infection and reduce inflammation. Follow your doctor's instructions carefully. If you need to, ask a family member or friend to help instil the eye drops. If you need to go out, make sure you have access to hand hygiene facilities, so that you can clean/wash your hands before you put in your eye drops.

For mild pain, you may take paracetamol. If you have pain that is not relieved by this medicine, call your doctor.

When you sleep, please put on the eye shield given to you for at least 1 week so that you don't press on the operated eye.

What NOT to do after your cataract surgery

For the first few days, your vision may be blurred, so be careful to avoid falling over or hurting your head or eye.

Do not do gardening for at least a month.

It is common to experience some eye irritation and discharge after surgery. However, for the first month, refrain from rubbing or touching your eye. Also avoid getting dust or soap water in your eye.

Do not swim; do not use a hot tub, visit a sauna or spa. This is because there is a small wound in your eye, and you need to prevent it from getting contaminated.

No matter how small your wound is, try to avoid exerting yourself. Try not to bend over, carry heavy loads or perform strenuous exercises.

Take a break from carrying the grandchildren for 2 to 3 weeks. Let your eye heal.

You may find that your pre-existing spectacles are not right anymore after the cataract operation. This is because the power of your operated eye has changed due to the surgery. Usually the power of the operated eye would stabilize at 1 month after the operation, at which time you can be measured for a new power for your glasses.

Refrain from driving or riding a motorcycle till you are confident that your vision is clear. The law in England states you are not eligible to drive unless you can see a car number plate at 20 meters in good light.

Medications and Diet

For the first few days, please clean the operated eye gently clean your eye with cool boiled water and clean cotton gauze or cotton wool.

Please use the eye drops and medications as the doctor prescribed, even when you feel that your eyes are fine. Do not put in anything else into your eye apart from the prescribed eye drops. Always wash your hands before your eye drops instillation.

Store your eye drops and medications as instructed. Do not keep them for longer than the instructed period as they may become contaminated.

Shake the eye drop bottle before use. Tilt your head back, look up and pull the lower eyelid down. Put in ONE drop into the eye, avoiding contact with the eye lashes. Wait 5 minutes before instilling a different eye drop if 2 drops have been prescribed.

You can keep to your usual diet. There are no new dietary restrictions following your cataract surgery. Any pre-existing diets should be continued.

When do I see the doctor after surgery?

You will need to return for an eye examination after your surgery. This is needed after a few weeks to see if the eye is settling well. There may be adjustment of eye drops or medication. Keep your appointments, even if you feel and see well.

When should I call my doctor?

Do not hesitate to contact us should you experience any of the following:

- Pain that is not relieved by medication.
- Deterioration of vision.
- Pain and redness in the operated eye which worsens over time.
- Excessive discharge from the operated eye.
- Sudden onset of flashes or floaters.