

POST-OPERATIVE EYE CARE

After cataract surgery, it is normal for the eye to be red in appearance, to be sensitive to light, to have blurred vision, to feel scratchy/irritated, and to “water/tear.” When you wake up in the morning, it is normal for a small amount of discharge to be present. To remove this, gently wipe the lid margins with a clean tissue or washcloth that has been moistened with clean, running tap water. In order to relieve minor discomfort and irritation, and to reduce swelling and promote healing, you can use the following: Advil, Aleve, or Motrin. If necessary, use Tylenol.

General Instructions:

1. Avoid strenuous physical activity such as bending, lifting, and straining for one week.
2. Avoid activities that could cause infection. Use clean tissues to wipe any tears, and to dab/blot gently any scratchy irritation.
3. Do not rub or press on the eye.
4. Wear sunglasses (provided in blue bag) when outdoors in sunlight.
5. Wear sleep shield (provided in blue bag) while you sleep first week if possible.

GUIDELINES FOR ACTIVITIES AFTER CATARACT SURGERY

First Week:

Avoid strenuous activity, exercising, swimming.

May resume walking

May read, watch TV and use the computer for short periods.

May wash face and may shower but avoid rubbing eyelids.

No makeup for 2 weeks

Try to nap or sleep on non-operative side, if possible.

May drive only 24hrs after surgery if vision is adequate in non-operated eye.

Second Week:

Avoid lifting weights and swimming.

May resume light exercising, including treadmill and stationary bicycle.

No makeup

Fourth Week:

Resume normal activities, including swimming.

These instructions are general and may have to be altered to meet your individual needs and postoperative recovery. Please call for any additional information or with questions.

