

Post Surgery Do's and Don'ts

Following cataract surgery, you'll experience some blurry vision for a while, but gradually your sight will improve. Here are some tips to ensure a smooth recovery:

- **Medications:** Use prescribed eye drops exactly as directed. These medications help prevent infection and inflammation.
- **Rest:** Take it easy for a few days after surgery. Get plenty of sleep to allow your body to heal.
- **Eye protection:** Wear the provided eye shield at night as instructed by your doctor. This will protect your eye while you sleep.
- **Avoid rubbing your eyes:** This can dislodge the new implant or introduce infection. If you feel an itch, gently use artificial tears or blink frequently.
- **Limit strenuous activity:** Avoid lifting heavy objects, bending over excessively, or straining for a few weeks. These activities can increase eye pressure and impede healing.
- **Showering and bathing:** You can shower or bathe 7-15 days after surgery, but avoid getting shampoo or soap in your eye. Use a sterile cotton as advised to gently clean your face around the eye.
- **Swimming and hot tubs:** Wait for your doctor's approval before swimming or using a hot tub. These environments can increase your risk of infection.
- **Driving:** Don't drive until your doctor says it's safe. Your vision may be blurry initially, and you may experience light sensitivity.
- **Eye makeup:** Avoid wearing eye makeup for at least a week or two after surgery. This will help prevent irritation and infection.
- **Sun protection:** Wear sunglasses that block UVA and UVB rays to shield your eyes from the sun.

If you experience any of the following symptoms, contact your doctor immediately:

- Severe eye pain
- Increased redness in the eye
- Decreased vision
- Pus drainage from the eye
- Light sensitivity

