

INSTRUCTION ABOUT CATARACT SURGERY

Pre-Operative Instructions

- On discharge from the surgery center, patients will be given the next review date.
- Please bring all your current medicines, reports and your physician's file when you come for admission, pre-operative and post-operative check-up.
- Please do not take your morning diabetes medicines before coming to the hospital. They should be taken after instructions from the doctor.
- Liquids or cup of Tea/Coffee can be taken in the morning. Do not take solid food. Arrangements for morning tea, breakfast & lunch is complimentary.

Post Operative Care for Eye Surgery-English

What to expect after surgery

- On discharge from the surgery center, patients will be given the next review date.
- Also depending on the type of incision and surgeon preference, some patients will be asked to wear a shield over the eye.

Immediately after Surgery

- Use protective glasses when riding in a car or walking outdoors. You can brush your teeth.
- Activities such as reading, watching television, and light work will not hurt the operated eye. The great majority of patients may resume light activities on the day after surgery

For the first 4 days

- Avoid head bath and face washing (use tissue or moist towel instead)
- Avoid sleeping on the operated side (lie flat or on the other side) Men may shave with caution

For the first 6 weeks

- Eye Dr.op medications will be required, usually consisting of antibiotic and anti-inflammatory medicines. These will often be tapered off during the first 4 to 6 weeks after surgery.
- Use protective glasses for 6 weeks to prevent injury and dust and dirt from entering the eye.
- The eye should not be rubbed.
- New glasses are prescribed after 1 to 4 weeks
- You can resume your normal activities after 1 week, unless specifically advised by you doctor

Continue medications for other diseases if any

No additional diet restriction after cataract surgery