

EN

Memo. Post-operative care after cataract surgery

The patient must visit the surgeon the day after the surgery.

Following the surgery, the patient may feel discomfort, itching, double vision, watery eyes. This is quite normal. After 1-2 days, those feelings usually disappear. It is possible to see almost immediately after the surgery, but the vision is not sharp. The healing eye needs time to adapt to the other eye.

Eye drops must be used for several weeks after the surgery and the vision eventually improves. In many cases, the recovery takes 2-6 weeks. Usually after 2 weeks the patient can resume their normal activities.

Following surgery, patients should follow the guidelines below:

1. Put the prescribed eye drops in the eye.
2. Do not touch, nor rub your eyes with your hands.
3. Do not lift anything heavy.
4. Avoid constipation for at least for 2 weeks after the surgery.
5. Avoid trauma, physical exercise, swimming.
6. Do not work in a dusty environment.
7. Avoid temperature fluctuations, do not go to the sauna or swimming pool, avoid cold and wind.
8. Protect your eyes against direct sun – it is recommended that you wear protective sunglasses.
9. Avoid intensive reading and working on the computer for 2 weeks.
10. Wash your hair with your head bent backwards (for the first 2 weeks).
11. Do not drive without your doctor's permission.

If any of the following symptoms are experienced, even though you have followed the prescribed regime, – pain of the operated eye, visual impairment, redness of the eye, you should consult the eye doctor immediately!

Like every surgery there is a small risk of complications with cataract surgery both during the surgery, and in the postoperative period. You should discuss all this with your eye doctor.