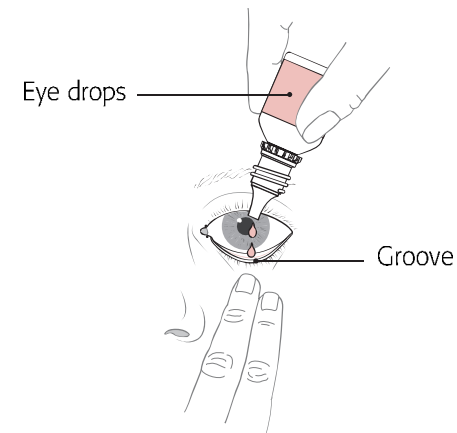


After cataract surgery

- After surgery you will need to use eye drops four times a day, usually for 1 month. It is easy to remember to put them in at breakfast, lunch and tea and before you go to bed.
- Usually, there is no change in the appearance of the eye after cataract surgery. Sometimes you may notice some redness or bruising around the eye, which will take several weeks to fade.
- Avoid rubbing your eye after surgery. You can gently wipe away any mucus that accumulates on the lid with a cotton ball soaked in cooled boiled water.
- Your sight may be slightly blurred for the first 48 hours after surgery, as this is the time it sometimes takes for the dilating drops to wear off. Paracetamol (acetaminophen) will relieve any mild discomfort during the first 24 hours after surgery.
- If your eye becomes increasingly red or painful, or uncomfortable in bright light, or if your vision becomes increasingly blurred, you should contact your eye doctor *immediately* as this could be a sign of infection.
- You can shower after 24 hours, but avoid getting soap or shampoo in your eyes. You can wear eye make up after 2 weeks, but avoid mascara for 1 month. Do not play golf for 2 weeks after surgery. Do not swim or play tennis for 4 weeks. Avoid dusty environments (such as DIY or gardening) for 4 weeks.
- In the UK, you must be able to read a number plate at 20 metres and have good peripheral (side) vision to be able to drive. This may be possible 48 hours after surgery, and you can assess this yourself. Only drive if you feel confident you can achieve this.
- After 6 weeks you should return to your optician (optometrist) for a check-up. You are likely to need reading glasses or bifocals.



After surgery, DO NOT:

Rub your eyes



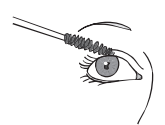
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Get soap or shampoo in your eyes



X

Wear mascara



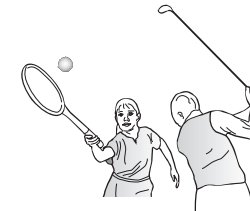
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Go swimming



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Play tennis or golf



X

Get dust in your eye from DIY or gardening



X