

Cataract Surgery Package

Cataracts are caused by the aging of the natural lens of the eye. In this case, a group of pathologic factors and cellular and structural changes in the cornea cause to develop cataracts gradually. As a result, specific proteins within the lens gradually accumulates and ultimately leading to a gradual clouding of the lens. The compression and hardening of the lens causes changes in its power and makes the patient nearsightedness, or sometimes farsightedness.

Postoperative Care

- Do not sleep on your treated eye and ask your ophthalmologist about how long you should sleep in this way during your first postoperative follow-up.
- 2 days after surgery, you can take a bath, or perform your ablutions.
- Avoid rubbing and pressing your treated eye, as it may interfere with the normal healing process of the wound and may cause burning and itching of your eye or cause other eye complications.
- Avoid bending your head for a week.
- After 6 days, you can prostrate. (*for Muslim patients)
- Use a protective eye shield at least for a week at night while sleeping.
- Ask your ophthalmologist when you are allowed to wear eye makeup, drive and swim.
- Avoid lifting objects more than 10 kg in the first few weeks after surgery.
- If your ophthalmologist has prescribed a protective eye shield or eye wear for you, be sure to wear it to protect your eye against possible eye injuries.
- There is no need to change your diet after surgery. Of course, it is best to use soft meals in the first hours after surgery. Also avoid constipation by eating the right amount of vegetables, fruits and water.
- Take your eye drops and medications according to your ophthalmologist's direction