

Post operative Care for Cataract Surgery

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Dear Client Please Note the Following:

- Use shield inevitably 3 days from surgery. After three days if your eye is sensitive to light you can use sunglasses during daytime. Use eye shield when sleeping for 1-2 weeks. Wash every day the eye shield and use it after drying. Use adhesive tape or elastic band to fix it.
- Sleep or lie down on the back and avoid sleeping or lying down on your face downward.
- Don't rub or pressing on your eye
- Don't use cosmetics (kohl, mascara, fake lashes, contact lens, and oily substances around eye) by no means and ask the right time of their use from your physician.

- Don't lift heavy things.
- Avoid severe cough, sneeze and straining on the toilet
- You can pray from the first day of surgery by "tayammum" only on stone because on soil can cause eye infections. On the first week of surgery don't bend and you can close the "Mohr" to your forehead.
- Watching TV and using computer is allowed but shouldn't cause the eye tiredness.

- Maybe you need eye glasses to study, delicate tasks and sometimes for far vision, after surgery.
- Don't wash your face at least 3 days from surgery. Afterwards you can wash your face by the physician's order. Don't splash the water on your face and eyes.
- You can wash all parts of your body from the first day of surgery except head and face. Usually you can bath 7 -10 days from surgery. It is better to use children's Shampoo.
- Refer to the physician on the determined dates. Often the cataract surgery is performed without stitching, but sometimes one or two stitches are used. The stitches will be removed after some weeks during examination.

Risk Factors:

Refer immediately to the physician in the following cases:

- Severe and unusual pain
- Loss of vision
- Increased eye redness
- Purulent discharges
- Eyelids redness and inflammation

Abnormal symptoms:

- Sparking point in a dark room or with closed eyes
- Decreased and blurred vision
- Severe eye pain which is not removed by painkillers
- Redness and severe burning of eye and purulent discharges
- Scrambled vision
- Moving black spots in different directions when looking around

How to Use Eye Drops and Ointments

- Use eye drops according to the physician's prescribe and the determined time intervals. Don't use medicine without physician's prescription.
- Wash your hands first before administering eye drops.

- Tilt back the head. Using the index finger, gently pinch and pull the lower eyelid downward to form a pocket. Place the eye drop or drops into the pouch formed in the lower lid
- Be careful that the dropper does not touch the eye
- Close your eyes for 2-3 minutes in order to absorb the medicine.
- In case of coinciding two types of drops leave 5 minutes interval between them.
- In case of color change and/or observing sediments the drug should be discarded.
- Discard the medicine after three weeks or one month of the first time of opening the cap even it doesn't finish.
- Void clean the eye using paper tissue or finger.
- Never clean around of eye using rough cloth or paper tissue because cornea will be scraping. Clean Cotton can be used for this purpose. Close your eye for cleaning.
- There is no need to use eye drop during night.

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