

# Cataract Procedure



## Post-Surgical Cataract Instructions

Provided below is a list of instructions patients should adhere to following cataract surgery in order to ensure optimal recovery:

1. Carefully follow the doctor's instructions.
2. Use the prescribed eye drops 6 times a day and make sure you wash your hands first.
3. Have your protective eyewear (will be provided) or sunglasses on at all times.
4. Don't rub or rinse your eyes.
5. Keep away from smoke, dust, and pets.
6. Keep physical activity to a minimum and do not handle any heavy objects during the first few days post-surgery.
7. Activities such as watching television and reading are allowed.
8. Should any complications arise (such as pain, redness, low vision, etc.), speak to your doctor immediately.
9. The exposure to or inhalation of any scent/perfume won't have any negative effect on your recovery.
10. Kneeling and prostration during the first month is not recommended.
11. Driving is not advised during the first week due to blurry vision.
12. Avoid playing with children and other activities that may result in bumping or bruising.
13. Avoid straining yourself while coughing, sneezing, and passing stool (especially when constipated).