



OPHTHALMOLOGY

GUIDE TO CATARACT RECOVERY (after Surgery Care)



Cataract surgery is safe and effective, but proper after-care is essential for smooth healing and the best visual results.

What to Expect

- Mild irritation or watering for a few days
- Slight blurred vision initially
- Gradual improvement in clarity
- Sensitivity to light

Do's

- Use prescribed eye drops exactly as advised
- Wear your protective eye shield while sleeping (if recommended)
- Wash hands before touching near your eye
- Rest your eyes and body- Attend all follow-up visits

Don'ts

- Do not rub or press your eye
- Avoid dust, smoke, and dirty environments
- Avoid heavy lifting and bending forward
- Do not splash water directly into the eye
- Avoid eye makeup until your doctor allows
- Don't wash your eyes for a week

