

Post Cataract Surgery



DO'S

DON'TS



Use eye drops as instructed



Take normal diet



Wear an eye shield while sleeping



Use protective glasses while going out at least for 15 days



Resume normal family activities such as reading, writing, watching TV and walking



Contract your eye doctor promptly if problems arise like pain, redness & dimness of vision

Rub the eye



Head water bath for 2-3 weeks after surgery



Sleep on the side of operated eye



Drive until your eye doctor gives the go ahead to do so



Undertake strenuous activities



Get exposed to dust/dirt/heat & chemicals

