

# NOTES

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## FOLLOW UP APPOINTMENT

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

LOCATION \_\_\_\_\_



## A Guide to Cataract Surgery

### What is a cataract?

Your eye is made up mostly of water and proteins. As your eye ages, certain proteins can stick together and begin to make cloudy areas in your eye. This prevents light from reaching your retina and causes a loss of vision (visual acuity). We call this a cataract. Most of the time, cataracts develop slowly. A cataract can take months even years to affect your vision.

Healthy eye



Cataract eye



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### What is cataract surgery?

Nowadays, the removal of cataracts is usually performed on an out-patient basis that, is to say as a "day surgery". It is performed under local or topical anesthesia (with drops in your eyes). You will be fully awake but you will feel relaxed and will not feel any pain.

## WHAT CAN & CAN NOT DO?

### DO'S



You can shower and wash your hair the day after surgery (BUT DO NOT GET SOAP IN THE EYE FOR AT LEAST 1 WEEK)

Wear your old glasses or sunglasses if you feel more comfortable with them



You can watch TV, read or go for walks

You can go back to your regular diet after surgery



WASH YOUR HANDS BEFORE TOUCHING YOUR EYE

### DONT'S

Do not RUB YOUR EYE



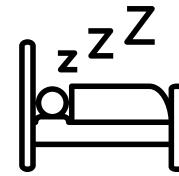
DO NOT WEAR MAKE-UP FOR AT LEAST 1 WEEK



Do not sleep on the operated side for at least 2 weeks



Do not lift anything over 10 LBS (4.5 KG) for at least 2 weeks



Do not go swimming for at least 3 weeks



Do not participate in heavy activities (like lifting boxes or shoveling snow) or play rough sports for at least 4 weeks

## How will I feel immediately after surgery?

- You may see blurry and/or double
- Produce a lot of tears (crying)
- Have a sensation of something in your eye

## What to expect at home post surgery?

### ① PAIN/DISCOMFORT

You may have a feeling of discomfort around your eye or a slight headache. If this is the case, take a regular dose of acetaminophen (max 4g)

### ② WEARING EYE SHIELD

Wear an eye shield at night for 2 to 6 weeks following surgery at night to prevent accidental injury to the eye. Use medical tape to hold the eye shield in place

### ③ EYE DROPS

Your surgeon will give you a prescription for eye drops. **These MUST be followed precisely.** If you have an eye patch after surgery, you will only start the drops once the surgeon tells you to.

- ! ALWAYS wash your hands before touching your eye
- ! DO NOT rub your eye for at least one month after the surgery