

After cataract surgery

You have had surgery for cataract. These instructions explain how to care for your eye after the operation. After the operation, you may experience pain and a feeling of having something in your eye. Your vision may be blurred at first, but it will clear up in a few days.

You have an eye shield to protect the eye. You can remove the shield the day after the procedure.

You may move about as normal, both indoors and outdoors.

Treatment

Do not rub or press your eye. Clean the eye in the morning and in the evening. Wipe your eyelids and the edges of your eyelids with moistened cotton wool. Apply the eye drops prescribed by the doctor to the affected eye. Apply them as instructed. Use the eye shield to cover the operated eye at night for one week. During the day, you can use eyeglasses to protect the operated eye.

Restrictions

Avoid heavy physical work and exertion. Make sure you do not get foreign objects or dust in the operated eye.

When washing your hair, make sure you do not get shampoo in your eye.

You may go to the sauna a week after the operation.

Swimming is allowed two weeks after the operation.

The doctor will tell you when you can start driving.

If you get a severe pain in the operated eye or if your vision becomes worse, contact the Eye Clinic at once.

Contact information

Eye Clinic M2
tel. 02 627 7841
weekdays 8 am – 3 pm

At other times, your call will be redirected to the switchboard or A&E.