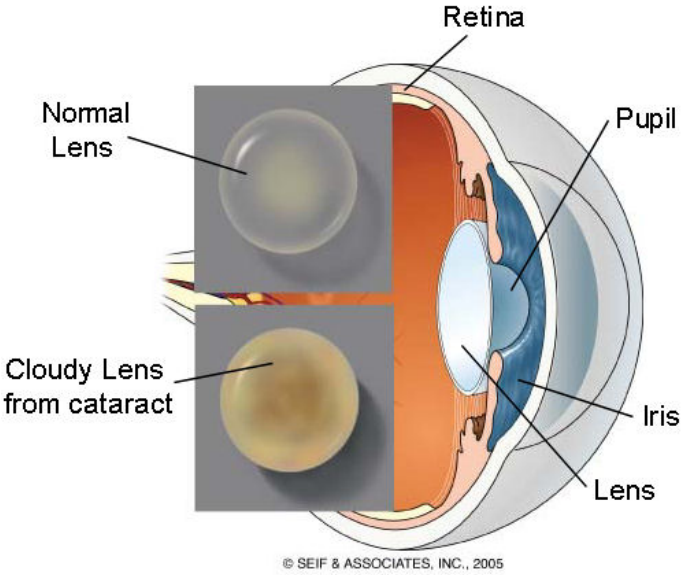
Cataract Surgery
Care After Surgery

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.



HOME CARE INSTRUCTIONS

- After surgery, your caregiver will schedule exams to check on your progress. For a few days after surgery, you may take eyedrops or pills to help healing and control the pressure inside your eye. Ask your caregiver how to use your medications, when to take them, and what effects they can have.
- It's normal to feel itching and mild discomfort for a while after cataract surgery. Some fluid discharge is also common, and your eye may be sensitive to light and touch. If you have discomfort, your eye caregiver may suggest a pain reliever every 4 to 6 hours. After 1 to 2 days, even moderate discomfort should disappear. In most cases, healing will take about 6 weeks.
- Try not to touch or rub your eyes You may have an eyes shield. If not,wear sunglasses to protect your eye.
- Keep soap and shampoo out of your eyes. Probably do not shampoo your hair for a couple days.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If you suffer more than mild pain, or you experience loss of vision or increasing redness of your eye, you should contact your caregiver for advice.
- When you are home, try not to bend or lift heavy objects. Bending increases pressure in the eye. You can walk, climb stairs, and do light household chores. You can quickly return to many everyday activities, but your vision may be blurry. The healing eye needs time to adjust so that it can focus properly with the other eye, especially if the other eye has a cataract. Ask your caregiver when you can resume driving.
- If you just received an IOL (intraocular lens), you may notice that colors are very bright or have a blue tinge. Also, if you've been in bright sunlight, everything may be reddish for a few hours. If you see these color tinges, it is because your lens is clear and no longer cloudy. Within a few months after receiving an IOL, these “extra” colors should go away. And when you have healed, you will probably need new glasses.

SEEK MEDICAL CARE IF:

- There is increased bruising around your eye.
- You have a worsening or sudden loss of vision.
- You notice redness, swelling, or increasing pain in the eye.
- An unexplained oral temperature above 102° F (38.9° C) develops.

Although we do not know how to protect against cataracts, people over the age of 60 are at risk for many vision problems. If you are age 60 or older, you should have an eye examination through dilated pupils at least every 2 years. This kind of exam allows your eye care professional to check for signs of age-related macular degeneration, glaucoma, cataracts, and other vision disorders.

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