

Cataract Operation - Post-Operative Instructions

Immediately after the surgery:

The operated eye will be covered with a small sterile patch when the patient leaves the operation theatre. After resting for some time, the patient can leave the hospital as per his/her convenience, accompanied by a responsible adult. Before leaving the nursing staff will explain all the post-operative precautions and instructions. The schedule of medicines will be explained to the patient as well as the accompanying person. In case of any queries, feel free to contact us anytime.

Upto a Week after the surgery: (.....)

- After the surgery, you can take a light meal like porridge, bread, roti etc. Please avoid all those foods which may cause you to cough or cause constipation. Diabetics and patients with other medical conditions, should eat as per their Physician's advise.
- Please take your medicines regularly as advised.
- Do not sleep on the side of the operated eye. You can either lie down straight on your back or on the side opposite to the operated eye.
- Do not lift heavy weights. Do not lift bucket of water.
- After the surgery, prevent water from entering your eyes for around three weeks. To do so, avoid head bath. You can bathe from neck downwards.
- Use black protective goggles to protect your eyes from dust, air-borne pollution, bright light.
- Avoid close contact with small kids and pets to prevent unnecessary touching of the eyes or getting inadvertently hit in the eyes.
- After the operation, when you visit us next day, your patch is removed and eye drops will be started.
- Before putting eye drops, remember to wash hands thoroughly. Make sure the nozzle of the eye drop bottle does not touch any surface. Pull the lower lid and put one drop. Do not touch the upper lid. It is advisable to ask someone else's help to put in the eye drops.
- A day or two after the surgery, you can watch T. V./computer screen, read newspaper, do a bit of kitchen work if you want to.



- To clean the operated eye, once the patch has been removed, sterilize some cotton wool wicks by boiling them in water in a pan. Let everything cool down. With clean hands, take out the wick, squeeze the extra water from it. Now gently clean the area near the eyes and the lower lid. Do not allow the wick to enter the eye. Do not rub. Discard the unused wicks and the water. This can be done once daily or on alternate days.

Cataract Instructions after 1 week of surgery: (.....)

- Do come for follow-up after a week as advised by your doctor.
- After a week, you may lie down on the side of the operated eye for some time.
- Use black protective goggles only when going outdoor. Indoor use of goggles is not required.
- After a week, if you want, you may get your head washed with someone else's help. Do place a towel on your forehead to avoid water splashes reaching your eyes.
- Light kitchen work is permitted with proper precaution to avoid any spice or oil splashing into the eyes.
- There is no restriction on going outdoors for your routine work.

Cataract Instructions after 3 weeks of surgery: (.....)

- After 3 weeks, all the precautions end except splashing of water directly into open eyes. Do not splash water into eyes till 5 weeks after the surgery.
- You may pursue all your routine activities as before.
- There is no restriction regarding bathing or lifting weights now.
- After 30 to 35 days of surgery, you will be prescribed reading glasses if you have been implanted with monofocal IOL.

VERY IMPORTANT INSTRUCTION

**In case of extreme redness of eyes/severe pain/sudden drop in vision,
contact immediately on any of the following numbers:**

9235911111, 9335743880, 9918516969, 9839067675



Timeline for Visual Recovery:

Immediately after the surgery, if done under nerve block, then the operated eye will be closed with a small, sterile patch. The other eye is open and the patient sees with whatever vision is there in this eye. The patch is removed next day at the hospital. The patient if operated under topical drops, then there is no need for patching and the patient is discharged wearing protective goggles only.

From the first day after the surgery, the patient perceives all lights as being very bright and white. This happens as the patient has become used to the yellow fading vision of cataractous lens for many months or even years before getting the surgery done. Gradually, the operated eye will again become used to normal intensity of light. Also, during the first week after the surgery, the patient is prescribed an eye-drop which causes dilatation of the pupil of the eye. This causes excess glare in sunlight and night lights from vehicles etc. To prevent discomfort from this, patient is advised to use black protective goggles during this period. After one week, this eye drop is stopped and the problem of sensitivity to light and glare gradually fades away.

If you have been implanted with unifocal IOL, then most likely the power of the IOL has been calculated according to your distance vision and not your near vision. So accordingly, very soon you start seeing the objects at distance clearly but all the works like reading etc will be possible only with the help of reading glasses. With modern day technology, usually distance vision correction is accurate enough to let the patients see at a normal distance without glasses of any kind. Even if you were using distance vision glasses all your life, this is now set right by implanting IOL of power which corrects your distance vision too along with cataract.

For unifocal IOL implanted patients, the near vision glasses are usually prescribed after a month as the eye is continually in healing phase before this time. If it is very important that you have a reading glass before 30 days time, then a temporary number can be given for your near vision needs. After 30 days of surgery, a re-evaluation of near vision will need to be done.

If you have been implanted with multifocal(bi-focal) or tri-focal IOL, then you have been given focussing power both for near and far vision or intermediate distance too (in case of tri-focal). However, the visual recovery will take sometime and you will notice gradually improving vision over a period of next 3 to 4 days for distance and 8 to 10 days for near and intermediate vision. Initially, you may see some halos around lights during night driving which gradually fades away as the brain adapts to the multifocal IOL. With the multifocal IOLs, though your dependance on near vision glasses reduces by more than 80% but for extremely fine work, you may at times need a near vision glass of low dioptr.

It is important to remember that the speed of visual recovery will not be same for any two patients as this depends on your other medical conditions as well as your general health.



Please remember that the amount of visual recovery after cataract surgery will depend upon the existence of any other concurrent eye diseases as well as your past eye health. Long standing diabetes, high blood pressure, glaucoma, pre-existing damage to the retina, any opacification or any other spots on the cornea, history of eye trauma etc will all affect the result of the cataract surgery. Depending on the severity of the pre-existing damage to the eye caused by any of these conditions, the amount of vision gained in the eye will vary after the cataract is removed. At times, your doctor may advise you to undergo more than one procedure to give you optimum vision as well protect your vision in the long term. All this will be discussed before you undergo any surgery for cataract.

Posterior Capsular Opacification (PCO) or 'After-Cataract':

In Cataract surgery, the IOL is implanted using the support of the posterior capsule which is a thin membrane present naturally in the eye. This membrane, as it is a living tissue, may become thickened in some of the patients after 1 to 5 years of surgery. The more advanced IOL, namely the square edge design IOL and the hydrophobic IOL, greatly suppress the migration of cells and thickening of the posterior capsule. However, whenever the posterior capsule thickens, the patient experiences a gradual drop in the vision. This is easily treated with YAG laser as an out patient procedure within few minutes and with minimum precautions and medications. PCO happens only once in any operated eye and once treated does not trouble again.

I,.....(name and relation with the patient)
 and my patienthave fully understood the above instructions.
 For any other information regarding the treatment, I will freely contact the doctor and/or the hospital staff.

Date:.....

.....
 Relative's sign

.....
 Patient's sign.

(All the above information is for general information and to provide you with better treatment.
 Please do not hesitate to contact us for any other information)

.....
 (Hospital staff)