

Extracapsular Cataract Extraction (ECCE) Post-operative Care & Advice



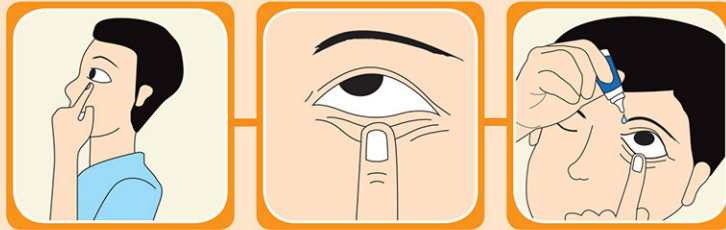
Singapore National
Eye Centre

SingHealth

www.snec.com.sg

DO's

1 Apply eye drops



2 Put on eye shield (while sleeping)



3 Perform eye dressing (1 week)



4 No food restrictions



5 Wear sunglasses when outdoors



6 Allowed to travel (as advised)



7 Can watch TV



8 Limit computer usage (1 month)



9 Limit near work (e.g. Reading / Writing / Needlework) (1 month)



10 Simple cooking is fine (no deep frying)



11 Shower / bathe but avoid water entering eye



DON'Ts ❌

1 Don't rub / press on eye
(1-2 months)



2 Avoid carrying young children who may accidentally poke your eye



3 Refrain from driving until your vision is clear or as advised



4 Don't apply make-up
(1 month)



5 Don't splash water into the eye
(1 month)



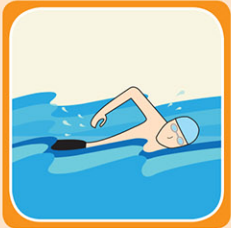
6 Don't bend forward
(1 month)



7 Avoid exercise
(1 month)



8 Avoid swimming
(1-2 months)



9 Avoid sports
(1 month)



10 Don't lift heavy objects and avoid strenuous work
(1 month)



IMPORTANT INFORMATION:

- Glasses will be prescribed a month after operation.
- Following cataract operation (you may experience for a few days to a week):
 - Itchy / sticky eye / gritty feeling / “sandy” feeling and blurry vision.
 - Eye may be red or slight aching over eye area or bruising of the eye or eyelid.
- Avoid crowded places and dusty areas.
- Whilst it may be normal to experience some flashes immediately after surgery and occasional floaters, a sudden significant increase in floaters should not be ignored but requires urgent medical attention.
- Should you experience or notice any of the following symptoms, please seek medical attention immediately:
 - Pain not relieved by medication
 - Decrease in vision
 - Excessive discharge from operated eye
 - Sudden increase of floaters or flashes
- For repeat medications or further assistance, please contact SNEC at the following numbers:
 - During office hours at 6227 7266 (Appointments)
 - After office hours at 6532 4865 (Answering Service)

For urgent consultation after office hours, Sundays and Public Holidays, please proceed to Singapore General Hospital Accident and Emergency Department (SGH A&E), which is located at Block 1.

Singapore National Eye Centre

11 Third Hospital Avenue, Singapore 168751

Appointments: (65) 6227 7266 Email: appointments@sneec.com.sg Website: www.sneec.com.sg