

Cataract Surgery Post-operative Care & Advice



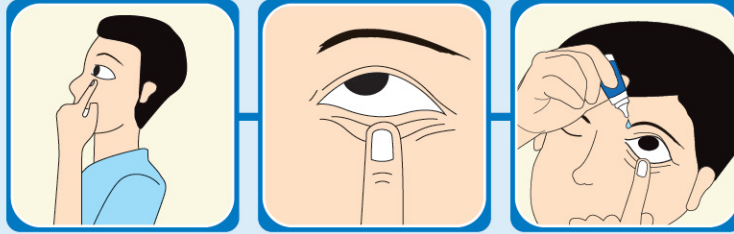
Singapore National
Eye Centre

SingHealth

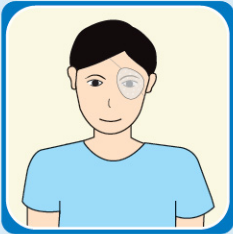
www.snec.com.sg

DO's

1 Apply eye drops (1 month)



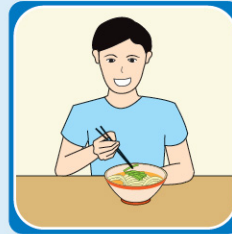
2 Put on eye shield (while sleeping for 1 week)



3 Perform eye cleaning (1 week)



4 No food restrictions



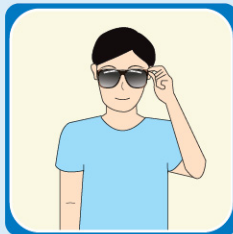
5 Allowed to travel



6 Able to drive (1 day after surgery or until your vision is clear or as advised by doctor)



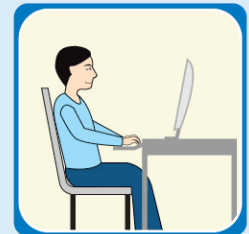
7 Wear sunglasses when outdoors (1 week or longer if light sensitive)



8 Can watch TV



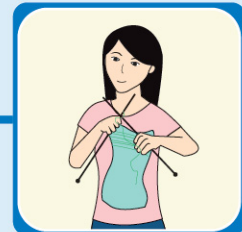
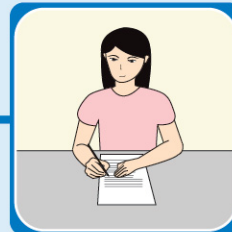
9 Can do computer work



10 Simple cooking is fine (no deep frying)



11 Can do near work (e.g. reading / writing / needlework)



12 Shower / bathe but avoid water entering eye



13 Gardening after 2 weeks



14 Use your eyes!



DON'Ts

1 Don't rub / press on eye (1 month)



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



3 Don't splash water into the eye (2 weeks)



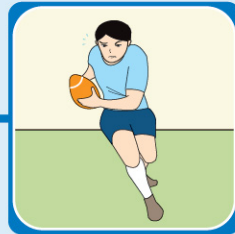
4 Avoid carrying young children who may accidentally poke your eye



5 Don't exercise (1 month)



6 Avoid sports (1 month)



7 Avoid swimming (1 month)



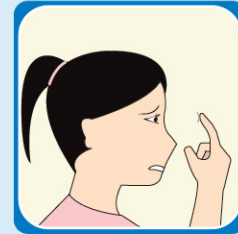
8 Don't lift heavy objects (1 month)



9 Avoid strenuous work (2-3 weeks)



10 Avoid wearing contact lens (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.
- 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@s nec.com.sg Website: www.s nec.com.sg