Do you want to know?

Cataract

E01
sheet 1/1

What is it?

A cataract is a clouding or opacity of the lens that leads to gradual painless blurring and eventual loss of vision. Cataract surgery is performed to remove the affected lens and replace it with an artificial lens.

What do you need to know?

Post Excision of Cataract

Drugs

- If eye drops were prescribed by your physician, watch out for the side effects of medications including temporary blurred vision, stinging and burning sensation.

Activity

- Follow safety precautions especially while using the stairs
- Driving is prohibited until cleared by your physician.
- Avoid heavy lifting, active exercise, or straining for 2 weeks post surgery to prevent abrupt fluctuation of the pressure inside the eyes.
- Bend your knees while picking objects from the ground.
- Avoid rubbing the eyes with bare hands.

Therapeutic Measures

- Leave the dressing over the eye with a protective shield for 24 hours after surgery to protect the eye from injury.
- Avoid sleeping on the operative site for 3 to 4 weeks to prevent pressure on the operated eye.
- Use a clean wash cloth to remove the morning discharges.

Considerations

- Wear the protective shield at night for a few weeks to avoid accidental bumping of the eye during sleep.
- Wear sunglasses while outdoors during the day because the operated eye is sensitive to light.
- Call your physician if you feel any changes in your vision, pain develops, discharge increases and/or excessive tearing.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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