

Cataract Surgery – Discharge Advice

Post-surgery advice

- Your operated eye will be padded and an eye shield will be put on. Please wear the eye shield to sleep to avoid accidental injury during sleep.
- The eye shield is to be put on for at least two weeks post operatively.
- Maintain hygiene by cleaning the eye daily with normal saline and sterile cotton wools for a week from the next day of operation.
- Instil eye drops according to your doctor's prescription.
- Avoid getting soap and shampoo into your eyes when washing your face and hair for the first two weeks after surgery.
- Avoid swimming, water sports or rubbing the operated eye for the first month.
- Less strenuous exercises such as walking and stretching can be started on within the first week following surgery.
- Adhere to your appointment(s) with your doctor as followup is important to prevent complications following the surgery.

What are the possible side effects?

- Sudden or severe throbbing pain with / without nausea or vomiting
- Sudden deterioration of vision
- Excessive discharge from the operation site
- Excessive bleeding
- Excessive swelling

When should I seek medical help?

If you experience any complications, contact our main line.

Alexandra Hospital

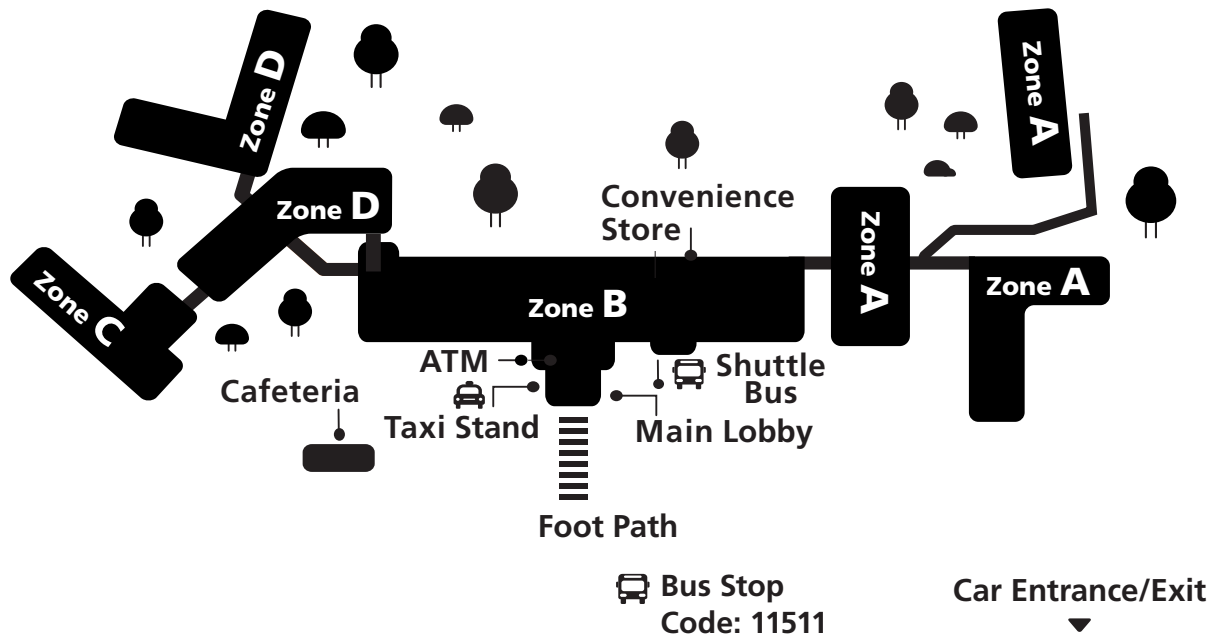
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OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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