

# Care After Cataract Surgery

## General Information

A cataract is the clouding of the lens of the eye. The treatment for the cataract is to surgically remove the lens and replace it with a plastic lens implant.

## Incision Site Care

- You may have an eye patch. Remove the dressing as instructed by your doctor.

## Discomfort and Medicines

- Your eye may itch or feel scratchy for a few days after surgery. Usually there is little pain after eye surgery. You may take Tylenol®, but do not take aspirin.
- Bring all of your eye drops and your eye glasses with you to the doctor's office tomorrow. Your doctor will tell you how to use your drops.

## Activity

- Resume work or activities according to your doctor's instructions.
- Alternate rest with activity.
- **Don't smoke. It slows healing.**

## Diet

- Follow the diet on the anesthesia discharge brochure. Good nutrition is important for healing.

## When to Call Your Doctor

Call your doctor if you have:

- poor pain relief
- a temperature of more than 101 F
- nausea (upset stomach) and vomiting (throwing up) that won't stop.

## Other

- Refer to the instruction sheet you received at time of discharge.
- If you have any questions or concerns after surgery, please call your doctor through the clinic.
- You will receive a small card that identifies the type of lens used in your eye. Keep it with other medical information you have at home. It isn't necessary to carry it with you.