



After cataract surgery

Post surgery

READING/TV/VIDEO GAMES

- This will not damage your eyes

PHYSICAL ACTIVITY

- No heavy lifting, strenuous activity and gym workouts for approx. 10 days. A light walk on a treadmill is acceptable (but no running).
- No swimming for a week.

DRIVING

- If you hold a valid driving license and your vision is better than it was pre-surgery it is safe to drive after approx. 2-3 days.

SHOWERING

- It is ok to wash your hair however do not open your eyes under the flow of water.

VISION AND EYE APPEARANCE

- Post-surgery it is normal to have either a) good distance vision but blurriness close-up (get some standard reading glasses if so), or b) good close-up vision and blurred distance vision, if this is what the aim of the procedure was.
- Bruising around the eye from the anaesthetic is normal.
- Eyes can be red following surgery but this soon goes away. Please contact us if there is no improvement after a week.

To avoid

- Avoid rubbing your eyes - if irritated gently dab instead.
- Avoid dusty environments.

Concerns:

Please make a same-day appointment if any of the following four situations occur:

- 1:** Pain, vomiting or headaches - which can be a sign of increased eye pressure.
- 2:** Loss of vision.
- 3:** If vision is good to start but then deteriorates.
- 4:** The appearance of 'flashes', 'floaters' or cobwebs in your vision.

To note:

- Voltaren drops do sting. If this is unbearable please discuss with your doctor.
- Pred Forte medication is a milky white solution and it is normal to get a bright white build up in the corner of eye. However if this is yellow please discuss with the nurse.

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