

Returning home after cataract surgery



You've just been treated for a cataract. This fact sheet explains what you should pay attention to over the next few days and the symptoms to watch out for.

How will I be followed up?

You'll have an appointment with the doctor the day after the surgery. Make a note of the date and time. After that, follow-up is provided on a case-by-case basis.

Are there any precautions to take AFTER the surgery?

Yes, here they are. It's very important to follow these to prevent complications. If you have questions, don't hesitate to ask your care team!

Eye shield

- Remove the shield when you arrive home or keep it on until your appointment with the doctor (the next day), depending on the instructions you receive.
- During the week after the surgery, wear the shield over the operated eye at night and when napping.

Eye drops

- Start using the drops that were prescribed for you at (time)..... Always wait 5 minutes between applying the different types of drops.
- If you had surgery on both eyes, use a different bottle of drops for each eye.

Pain

- If you feel any pain, take Tylenol.

Sensitivity to light

- Your eyes will be more sensitive to light. Wear sunglasses to go outside. If needed, you can wear them inside as well.

Activities

- When you get home, you can do quiet activities, such as reading, watching TV, or using a computer.
- After the first 24 hours, you can go for walks with no problem. Walking and cycling (moderate) are the best physical activities during the first 2 weeks.



FOLLOW-UP APPOINTMENT

Date :

Time :

Place : **CHUM**
Ophthalmology Clinic
 1st Floor - D Pavilion - D.01.2000
 1051 Sanguinet St.
 Montreal, H2X 0C1



Don't drive until you have permission from your doctor. If you plan to fly, ask your doctor for advice.



ATTENTION

Activities to avoid during the first 2 weeks after the surgery

- Don't put water and soap in your eyes. Showering, washing, and dyeing your hair are permitted, with care. Swimming is prohibited.
- Don't apply make-up to the operated eye.
- Don't bend forward.
- Don't lift heavy objects.
- Don't engage in sports or intense training.

What symptoms should I watch for at home?

It's normal if:

- > The operated eye stings (itches), especially on the first day. Don't worry, it will pass. Don't rub your eye, even if you want to. Also, don't close your eyelids tightly.
- > Your vision is blurry for a few days. It will slowly return to normal.




What to watch for

If you have any of the following symptoms, call a nurse at the **CHUM Patient Health Line immediately at 514 890-8086**:

- sudden loss of vision in the operated eye: you see less well than you did right after your surgery
- pain not relieved by medication (Tylenol)
- the operated eye is constantly watery
- increasing redness in the operated eye; it is, however, normal to have a little redness after the surgery

What should I do if I need to postpone my follow-up appointment?

Call the Ophthalmology Clinic right away:

 **514 890-8278, option 1**

Outside of business hours, leave a message.



CHUM PATIENT HEALTH LINE

514 890-8086

24 hours a day, 7 days a week

You're a CHUM patient? You have questions about your health status? A nurse can help you.



USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website
chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca