



# Taking Care of Yourself After Cataract Surgery



Here are a few tips and recommendations to help you recover after your surgery.

## What to check before leaving the hospital

- Make sure you have:
  - > your eye drop prescription;
  - > information about your follow-up appointment.
- Make sure you have mastered the technique for putting drops in your eyes or that you have the help you need at home.
  - > See the technique on the back of this document.

## Instructions to follow after the surgery

- Apply your eye drops as prescribed by the doctor.  
*\*Wait 5 minutes between each type of drop.*
- On the day of your surgery, wear your protective shield at all times, except when applying your drops.  
*\*Never put a bandaid between the protective shield and your eye.*
- On the day after your surgery, go to your follow-up appointment at the time and place indicated.
- On the day after your surgery and the following 7 nights, wear your protective shield at night only.  
*\*You can use tape to hold it in place.*
- If needed, wear sunglasses outside.

## Restrictions and precautions following surgery

### For a period of 2 weeks after your surgery:

- Do not lift objects weighing more than 10 pounds.
- Do not do any activity or sport posing a risk for your eyes.
- Do not do heavy work or intense physical activity.
- Do not bend your head below shoulder level.
- Do not apply pressure on your eyes, rub them or close them very tightly.
- Avoid getting any splashes, dust, shampoo, dye or soap in your eyes.
- Do not garden or handle earth.
- Do not swim.
- Do not wear make-up on your operated eye.

You may not drive on the day of your operation or for the next few days. You must wait for your doctor's permission to start driving again.



## How to apply your eye drops

1. Wash your hands.
2. Shake each bottle gently before using.
3. Open the first bottle and place the cap, with the opening upward (facing the ceiling), on a clean surface.
4. Tilt your head slightly back and look up.
5. Gently pull on the lower eyelid of your operated eye to form a “pouch” where you will put the drop.
6. Squeeze the bottle until one drop falls into the pouch, being sure not to touch your eye.
7. Close your eye again slowly.
8. Wipe away any extra liquid with a tissue but without rubbing your eye.
9. Wait 5 minutes between applying the two types of drops; the order of the drops does not matter.

## What to bring to your follow-up appointment

- Your valid health insurance card
- Your CIUSSS card
- Your eye-drop application schedule
- Your eye drops

## What to watch for in your operated eye

- Unusual or persistent pain
- Blurry vision
- Redness
- Thick greenish secretions

### If you have any of the above symptoms, please contact:

#### • Hôpital Fleury

Monday to Friday, during the daytime  
514 384-2000

> Ophthalmology outpatient clinic: ext. \_\_\_\_\_

> Day surgery (up to 9:30 p.m.): ext. \_\_\_\_\_

> Surgery department (at any time): ext. \_\_\_\_\_

#### • Hôpital du Sacré-Cœur-de-Montréal

Monday to Friday, during the daytime  
514 338-2222

> Ophthalmology outpatient clinic: ext. \_\_\_\_\_

> Surgery department (at any time): ext. \_\_\_\_\_

### At night, and on weekends or holidays:

Call Info-Santé at 811 or Go to Emergency

## Eye-drop application schedule for the day of your surgery

Fill in this table with the nurse before you leave the hospital

Eye drops	Times			

\* Beginning on the day after your surgery, apply your drops as recommended by your pharmacist.