



veonet
Ireland

Specialist Eye Clinics

Cataract surgery: Aftercare Instructions

On the day of surgery and morning after treatment:

If we put on an eye shield wear it for the rest of today and tonight. Remove the shield tomorrow morning and discard it. Clean your eyelid tomorrow morning using the sterile gauze pads provided and saline solution.

With the eye closed, clean the eye lid from the inner corner outwards. Repeat the process if necessary, using a clean gauze pad.

For the first few weeks after surgery DO NOT:

- ✗ **Rub your eye**
 - ✗ **Fly without first getting advice from your doctor or optician** (although it is usually ok to fly one week post cataract surgery)
 - ✗ **Get soap or shampoo into the eye**
 - ✗ **Go swimming** or use hot tubs/saunas
 - ✗ **Bend over** and put unnecessary pressure on your eye
 - ✗ **Wear eye make-up** for at least four weeks
 - ✗ **Expose your eye to dust, smoke, wind or similar irritants**
 - ✗ **Drive for at least 48 hours following cataract surgery**- your eyesight must meet the legal driving requirement; ability to read a number plate from 20 meters, with glasses or contact lenses if needed
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For the first few weeks after surgery DO:

- ✓ **Administer your eye drops as prescribed (if you run out of eye drops, please contact your pharmacy for more)**
- ✓ **Keep physical exertion to a minimum for at least two weeks following surgery**
- ✓ **Bath and shower as usual, however keep your eyes closed when washing hair and use a mild or baby shampoo**
- ✓ **Read, watch tv and use computer devices as normal**
- ✓ **Wear sunglasses when outdoors**
- ✓ **Attend your post-operative appointment as scheduled approximately 7-10 days after your surgery**

(Please be aware that this time frame is an estimate and may be later than this depending on appointment availability)

Post surgery symptoms

Do not worry if any of the following symptoms occur after your surgery; they are all quite common and should resolve within a week. Symptoms you may experience include:

- Sensitivity to light
- Mild discomfort around the eye
- Grittiness and/or the sensation of something in your eye
- Itchiness and/or burning sensation
- Watery eye
- Stickiness to the eyelids

If you have discomfort, we suggest that you take paracetamol or your regular choice of painkiller every 4-6 hours, in accordance with the correct dosage.

(Avoid aspirin unless prescribed) Vision in the eye may be blurred when reading or watching TV as the eye heals and the new lens stabilises.

Once your eye is fully healed, this blurriness will disappear.

Call us immediately if you experience the following symptoms post-surgery:

- Excessive and increasing pain
 - Increasing deterioration in vision
 - Increasing redness to the eye
 - Throbbing pain in and around the operated eye
 - A severe frontal headache with, or without nausea and vomiting.
 - Persistent even after taking paracetamol
 - Progressive deterioration of vision, or loss of vision
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Contact Us

If you have any questions or concerns about your recovery, please contact your Veonet Ireland clinic:

T +353 (0)1 270 7888

E info@veonet-ireland.com

veonet-ireland.com

Opening hours:

Monday–Friday, 9.00 to 17.00

Out of hours number:

T +353 (0)1 270 7887

In an emergency, go to your local A&E.

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T ROI 01 270 7888 or NI 028 9002 9002

E Patientexperience@veonet-ireland.com

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