

Post-operative Care: Cataract



Keep eyes closed and rest after going home



Take caution when using stairs



Keep the eye shield on for protection for 1-2 weeks during sleep



Take medication or use eye drops as instructed by the doctor



Wear sunglasses outdoors for 1 month to shield your eyes from foreign objects and irritation caused by UV light



Do not rub the eyes



Do not use eye make-up for 2 weeks



Avoid getting soap, shampoo, or tap water into your eyes for 1 week



Avoid heavy lifting, straining and excessive physical exertion



Do not swim for 1 month after the surgery



Avoid crowded or polluted places to prevent trauma and infection to the wound



Eat more fruits and vegetables to prevent constipation

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