



## Cataract surgery

### What is a Cataract?

- A cataract is an eye condition where the lens inside the eye changes from clear to cloudy. This prevents light from passing through properly and focusing on the retina, resulting in blurred vision and light scattering.

### Pre-operative Instructions for Cataract Surgery

- During your outpatient visit, an ultrasound and axial length measurement will be scheduled to determine the appropriate power for your intraocular lens (IOL).
- After the physician's explanation, please sign the consent forms for surgery, anesthesia, and the intraocular lens.
- Please wash your hair and bathe the day before the surgery.
- Local Anesthesia: You may eat regular meals.
- General Anesthesia: You must fast (NPO) for 8 hours starting the night before.
- On the day of surgery, administer pupil-dilating drops or take intraocular pressure-lowering medication as prescribed to facilitate the procedure.

### Post-operative Care for Cataract Surgery

- You may get out of bed and move around 1–2 hours after surgery, but please prioritize safety.
- The operated eye will be covered with gauze and a metal eye shield. Please return for a follow-up visit the next day.
- For 2 weeks post-surgery, avoid bending over, lifting heavy objects, blinking forcefully, or coughing.
- When resting or sleeping, do not lie on the side of the operated eye.
- Do not rub your eyes or allow any impact to the eye area.
- Never remove the gauze or eye shield yourself. The shield must be worn during sleep for at least 1 week to prevent accidental contact, infection, or lens displacement.
- For the first 3 days post-surgery, clean your face by wiping only. Do not let tap water come into direct contact with the eye to reduce the risk of infection.
- Administer eye drops on schedule as directed. Wash your hands thoroughly before applying drops.
- Vision will not recover immediately. Take care when moving and seek assistance from others to prevent accidents.
- Maintain a balanced diet but avoid hard foods to prevent excessive chewing.
- Disinfect the metal eye shield once daily by boiling it in water for 5 minutes, then let it air dry.
- Attend regular follow-up appointments as scheduled.

## **Post-operative Pain Management**

- Get plenty of rest.
- Redness, light sensitivity, mild pain, and a foreign body sensation in the operated eye are normal. You may take prescribed analgesics (painkillers) to relieve discomfort.

## **Post-operative Wound Care**

- The eye will be covered with gauze and a shield; the physician will assess the wound during the follow-up visit the next day.
- Apply eye drops strictly according to instructions.
- Do not remove the eye shield while sleeping.
- When cleaning eye discharge, use sterile cotton balls and wipe from the inner corner of the eye outward.

## **When to Seek Immediate Medical Attention**

- If you experience any of the following symptoms, please return to the clinic immediately:
  - Sudden, severe eye pain.
  - Significant redness or eyelid swelling.
  - Sudden decrease in vision.

Wishing you good health, peace, and good fortune.  
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