

The first 24 hours after cataract surgery

THE DAY OF THE OPERATION

Today you have had cataract surgery. Although we have let you go home, you should take great care of yourself and have a gentle day. If you have a patch over your eye, it can affect your vision - even if you have good vision in the other eye. You should be particularly careful stepping off pavements and going up and down stairs. If possible therefore, try and keep this to a minimum and get someone to help you where possible. Please note: do not touch your eye or remove the patch unless you have been told to do so.

On the day *after* your operation

Please make sure that you have removed the patch by **8am**. We will contact you by phone between **8 – 9am**. Throw the white pad away and keep the clear plastic shield. If your eye is sticky, bathe it as follows:

- Use a piece of tissue (not cotton wool) soaked in clean warm water. Prepare this by boiling water and then allowing it to cool. Wipe gently from the nose side of your eyelids, towards the outside of your face, repeating with a clean tissue each time, until the stickiness clears. Apply eye drops, as directed in the eye drop leaflet. Please note:
 - The eye often looks red. This is normal and it may take a few days to go back to normal.
 - Your vision may be hazy – this is also normal and should settle after the first day or so. After this, your vision should be as good as it was before your operation, or better.

If your eye feels uncomfortable

Take a mild painkiller that you would normally take for a headache (eg. paracetamol). The pupil (black central spot) may still look large from the drops you had yesterday – this is normal and will settle down. The pupil should still look round in shape.