

# Cataract Surgery Recovery

Cataract surgery is widely accepted as one of the safest and most commonly performed surgical procedures in the world. Cataract surgery recovery is often very brief, with most patients returning to normal activities within days of surgery. Complications are rare, and significant complications occur in less than one percent of cases. Learn more about what to expect after cataract surgery by reading the information below.

You *may* experience the following symptoms which are normal and will diminish with time. Make sure to use your eye drops as prescribed to help your eye heal properly. You may use Tylenol for any discomfort and preservative free artificial tears for any eye irritation.

Blurry/fluctuating vision

Mild ache

Tearing

Different size pupils

Irritated or scratchy feeling

Redness

\*If you had laser cataract surgery it is normal to see a red ring on white part of eye

***Call us immediately @ 1-888-820-7878 if you experience severe pain or pressure that is not relieved with Tylenol.***

It is recommended that you rest for the remainder of the day after cataract surgery to promote healing. The doctor will provide you with a protective shield to wear over your eyes at night to prevent complications. This eye shield will keep you from damaging your healing eye by preventing you from bumping or scratching it while you sleep. The use of eye drops and the protective shield is most important during the first week of cataract surgery recovery when the eyes are most vulnerable, but can be used for a longer period of time. Patients should keep the eye area clean and protected from injury. The day after cataract surgery, you will be seen for a post-operative exam to ensure that the eye is healing properly.

- You may shower, bathe, and wash your hair but avoid getting water and soap in the operative eye
- May resume all normal activity – nothing strenuous
- Avoid rubbing surgery eye
- No make-up for 48 hours
- Do not drive or operate machinery for 24 hours

The cataract surgery recovery period is generally short, requiring about two to six weeks for the eye to heal. Some patients experience improved vision the day of cataract surgery, while others may need to wait about a week before clear visual results become noticeable. Cataract surgery usually changes a patient's corrective prescription needs. Based on the IOL chosen a patient may or may not need glasses after surgery.

After cataract surgery, complications are very rare and patients usually only feel mild discomfort for a few days; the vast majority of patients who undergo cataract surgery report excellent results.