

Patient Education

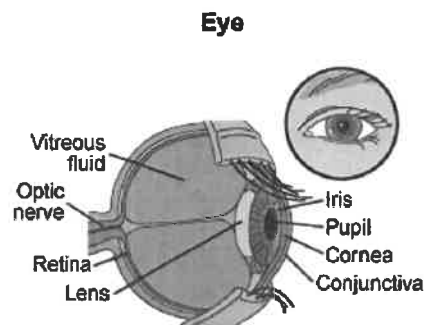
Cataract Removal Discharge Instructions

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You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

About this topic

Cataract removal is done when the cataract affects your eyesight. A cataract can cloud the clear part of the eye called the lens. The lens in your eye helps you to see and focus on an image. A cataract blocks the light that enters your eye. Without enough light, you cannot see clearly. This will slowly cause a loss in eyesight. The doctor will put an artificial lens in your eye during surgery to make your eyesight better.



What care is needed at home?

- Ask your doctor what you need to do when you go home. Make sure you ask questions if you do not understand what the doctor says. This way you will know what you need to do.
- Your doctor may have you wear an eye patch to protect your eye while you sleep.
- Wear dark sunglasses after removing the patch over your eye.
- Use eye drops as ordered. The eye drops prevent infections and help heal your eye.
- Avoid rubbing or pressing on your eye. Avoid eye irritants like dust and wind.
- Take extra care of your eye. Wash your hands before touching your face. Use a clean tissue to wipe away any drainage from your eye. Avoid soapy water in your eye.

What follow-up care is needed?

- Your doctor may ask you to make visits to the office to check on your progress. Be sure to keep these visits.
- If stitches are used, you may need to have them removed. If you wear glasses or contact lenses, your doctor will check them at your next visit.

What drugs may be needed?

The doctor may order drugs to:

- Treat or prevent an eye infection
- Keep your eye moist
- Prevent swelling

Will physical activity be limited?

You may have to limit your activity. Talk to your doctor about when it is safe for you to:

- Do exercises
- Resume sexual activity
- Lift objects weighing more than 10 pounds (4.5 kg)
- Drive
- Bend over

What problems could happen?

- Bleeding
- Infection
- Your eyesight may get worse

When do I need to call the doctor?

- Signs of infection. These include a fever of 100.4°F (38°C) or higher, chills, pain in the eye or an increase in the amount of drainage or a change in the color of the drainage.
- Eyesight becomes suddenly worse
- Problems seeing, like double vision, flashes of light, floaters in front of your eyes, eye pressure, or not able to see up or down or to the sides when looking straight ahead
- Upset stomach and throwing up
- Pain becomes worse in the eye that was operated on, or the pain reliever does not relieve the pain

Teach Back: Helping You Understand

The Teach Back Method helps you understand the information we are giving you. The idea is simple. After talking with the staff, tell them in your own words what you were just told. This helps to make sure the staff has covered each thing clearly. It also helps to explain things that may have been a bit confusing. Before going home, make sure you are able to do these:

- I can tell you about my procedure.
- I can tell you how to care for my eye.
- I can tell you what I will do if I have problems seeing or my eyesight or pain becomes worse.

Where can I learn more?

American Academy of Family Physicians

<https://familydoctor.org/condition/cataracts/>

American Academy of Ophthalmology

<http://www.geteyesmart.org/eyesmart/diseases/cataracts.cfm>

National Eye Institute

https://nei.nih.gov/health/cataract/cataract_facts

Consumer Information Use and Disclaimer:

This information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. You must talk with your health care provider for complete information about your health and treatment options. This information should not be used to decide whether or not to accept your health care provider's advice, instructions or recommendations. Only your health care provider has the knowledge and training to provide advice that is right for you.

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