

Sankalp Nethralaya
Eye care, Bengaluru

After your cataract surgery

How to look after your eye while it heals. Follow your surgeon’s own instructions if they differ.

The first week

- [ ] Keep the shield on until your check-up, then wear it at night for about a week
- [ ] Use your drops exactly as prescribed. Wash your hands first.
- [ ] Do not rub or press on your eye
- [ ] Keep water, soap and shampoo out of the eye. Clean around it gently with cooled boiled water and clean cotton.
- [ ] Avoid dust, smoke and eye make-up
- [ ] You can watch TV, read, use your phone and walk around

Weeks two to four

- [ ] Continue your drops until your doctor tells you to stop
- [ ] Avoid swimming until your doctor says the eye has healed
- [ ] Wear sunglasses outdoors if light feels harsh
- [ ] Ask your doctor before driving
- [ ] Avoid heavy lifting and bending low in the first days, unless your doctor says it is fine

Contact us the same day if you notice

- [ ] Pain that is getting worse
- [ ] Vision that is getting worse
- [ ] Increasing redness or swelling, or sticky discharge
- [ ] New flashes of light, a shower of floaters, or a shadow over your vision

My eye drop schedule

Drop name	How often	Until

Questions? Call your clinic.

HSR Layout: 080 2258 0466 | Hosa Road: 080 2573 5556 | Banaswadi: 70229 74777

This is general guidance and does not replace your surgeon's instructions. For sudden loss of vision, severe pain or an eye injury, seek emergency care immediately.