



## SUPAMITRSENA GENERAL HOSPITAL

34/4 Moo 5, Bang Nomko  
Sena, Ayutthaya 13110, Thailand

Phone +66 (0)35 289 572 thru 582

Fax +66 (0)35 289 583

Email: [spsena@gmail.com](mailto:spsena@gmail.com)

Website: [www.supamitrseena.com](http://www.supamitrseena.com)

### Caring for your eye after cataract surgery

- After surgery, your eye is covered with a padded cup. You will feel light pain when closing the eye, similar to having dust in it. This is normal and will subside soon. You will sleep the first night with the padded cup. The next day, the cup is taken off, the area around the eye is cleaned, and you will be taken for vision tests. Following that, a doctor will inspect the eye using a slit lamp machine, to determine if there are any problems. If all is well, you're ready to go home.
- You will get an appointment for a first check-up at one week after surgery. Should you feel pain (more than a scratchy feeling, as if you had dust in your eye), or have a red and/or swollen eye, experience gummy secretions from the eye (yellow or greenish color), or experience blurred vision, you need to contact the hospital **immediately**, before the check-up date! If your eye receives a strong impact, or if you feel pain due to continuous coughing or similar, also immediately contact the hospital.
- You should protect the treated eye at all times for the next 2-3 weeks, partly by wearing sunglasses to avoid UV, bright light and wind. For the first few nights, you should use the padded cup when going to sleep, and preferably sleep on your back. This will prevent rubbing or otherwise accidentally impacting the eye in your sleep. We supply you with medical tape to fasten the cup, as well as with cotton pads to clean around the eye – it's all in the "take home" bag you receive, along with medical eye drops.
- To make sure you steer clear of an infection, here are some things you should follow **during the first week:**
  - avoid dusty or otherwise unclean areas
  - don't do gardening
  - don't do housework / cleaning
  - if possible, keep away from steam and frying pans
  - avoid any water in your eye, from shower or otherwise
  - only clean your face with a towel, not under running water
  - keep away from pets, if possible
  - be very careful when playing with children
  - avoid lifting heavy things

- don't sneeze or cough (that's easier said than done). If you happen to have a cold, you should get medication to relieve the symptoms
  - you can read, watch TV or work at a computer – but if pain develops in the eye, you should stop the activity
  - you should use the eye drops prescribed and given by the hospital, at regular intervals as per prescription
- From **week 2 to week 4** after the surgery:
    - clean your hands before rubbing the treated eye
    - clean glasses and sunglasses with a liquid detergent and a clean, lint-free towel
    - use wet cotton buds to clean your eye
      - first the lower part of the eye while looking upwards, and cleaning from your nose towards the side of your face
      - then clean the upper part, around the eyelashes, while looking downward, and again from the nose towards the side of your face
      - last, clean the inside of your eye, where the upper and lower eyelids meet
- When applying eye drops, look upwards (preferably while tilting your head backwards), center the bottle over your eye at a 2-3 cm distance and apply 1-2 drops. Be careful not to touch the dispenser part of the bottle (the pipette) with your hands, and close the lid immediately after use. Please note that these are medical eye drops; they should not be applied anymore after your eye is fully healed (i.e. after 4 weeks).
  - At your first check-up, a week after the surgery, you will receive another appointment for a month after surgery, which will be the final check-up. At this point, your eye will have stabilized to the point where you can get new reading glasses fitted at your optician, should you need them.

Any questions we haven't answered? Please do **not** hesitate to contact us!