

# 8 Tips for after cataract surgery<sup>5</sup>



1. Don't drive on the first day.



2. Don't do any heavy lifting or strenuous activity for a few weeks.



3. Immediately after the procedure, avoid bending over, to prevent putting extra pressure on your eye.



4. If at all possible, don't sneeze or vomit right after surgery.



5. Be careful walking around after surgery, and don't bump into doors or other objects



6. To reduce risk of infection, avoid swimming or using a hot tub during the first week.



7. Don't expose your eye to irritants such as grime, dust and wind during the first few weeks after surgery.



8. Don't rub your eye, after surgery.

**References:** 1. University of Michigan Health. Eye Problems: Using Eye Drops and Eye Ointments. Available from <https://www.uofmhealth.org/health-library/za1098#za1099> [Accessed 5 August 2024]. 2. WebMD Editorial Contributors. How to Insert Eye Drops. Medically reviewed by Seltman W, OD. Available from <https://www.webmd.com/eye-health/how-insert-eye-drops>. [Accessed 5 August 2024]. 3. Gudgel DT. How to Put In Eye Drops. American Academy of Ophthalmology. 5 May 2023. Available from <https://www.aao.org/eye-health/treatments/how-to-put-in-eye-drops> [Accessed 5 August 2024]. 4. Cohen MR. Medication Errors. *Nursing* 2017;47(3):72. 5. All about vision. Cataract surgery recovery: 8 tips to minimize recovery time. Available at URL: <https://www.allaboutvision.com/conditions/cataract-surgery-recovery.htm> [Accessed 29 October 2024].