

FREQUENTLY ASKED QUESTIONS

CATARACTS



Quality surgery in the community

When can I drive?

DO NOT DRIVE until after your post-operative check to ensure you are at DVLA legal standards. This appointment is scheduled eight days following surgery.

When can I fly?

Usually three weeks post-surgery – ask the surgery team about specific flight lengths.

When can I go swimming?

Avoid swimming for three weeks to ensure the eye is fully healed.

When can I resume physical activity?

Avoid strenuous exercise for four weeks, including golf and bowls.

When can I wear makeup?

No makeup for six weeks post-surgery, especially mascara and eyeliner.

When can I wash my hair?

Wash your hair backwards for the first two weeks to avoid water going into the eye.

When can I have sexual intercourse?

You can resume your sex life two weeks following the surgery.

Do I have to wear my eye shield while sleeping?

The greatest danger to your eye following surgery is poking or rubbing, and a lot of people do this while sleeping, so please wear your eye shield at night for two weeks post-surgery.

Do I need someone at home with me in the first 24 hours?

It is best to have someone take you home following the procedure, ideally in a car and NOT by bus, train or walking. You may feel a little disoriented and out of focus, especially if you've only had one eye operated on so far. It is recommended to have someone stay with you while you feel like this, but not a necessity once you're safely home.

OTHER ADVICE TO REMEMBER

You may see a semi-circle in the corner of your eye following surgery. This is the edge of the lens, and will settle once your brain gets used to the new lens. Everything may appear very bright at first and colours may appear whiter or bluer – this is normal and will settle. You may also notice a few floaters in your vision. This is nothing to worry about, you probably had these previously and couldn't see them due to the cataract.

Eyes can be itchy/gritty after using your eye drops, which is normal. If this becomes really uncomfortable for you, we recommend purchasing some preservative-free artificial tears and using these 15 minutes after your prescribed drops. You can purchase these from opticians, pharmacies or online.

It is important to clean and bathe your eyes with cooled boiled water and a cotton wool pad. This should be done at least once a day in the morning, and more often if required.

THIS IS AN OPERATION TO REMOVE YOUR CATARACT – NOT THE NEED FOR GLASSES

We cannot promise you won't need a distance vision prescription after surgery, although we try our best. You will DEFINITELY need a near vision prescription/reading glasses afterwards.