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Postoperative cataract care

The purpose of this leaflet is to provide patients with recommendations for the postoperative period of cataract surgery.

After cataract surgery:

- you may experience eye irritation, mild redness and watery eyes;
- avoid catching a cold;
- keep the eye clean and wash the eyelids and eyelashes with caution;
- use a sterile cotton pad moistened with boiled and cooled water to clean the eye;
- avoid getting the fibres of the cotton pad in the eye;
- do not press on the operated eye;
- avoid getting water in the eye while showering or washing your hair.

After cataract surgery, the eye needs follow-up treatment with eye drops:

- 5 times a day in for the first week;
- 4 times a day in for the second week;
- 3 times a day in for the third week;
- 2 times a day in for the fourth week;
- once a day in for the fifth week.

From the sixth week onwards, eye drops must be instilled in the eye, which can be purchased over the counter from a pharmacy.

To administer eye drops:

- wash your hands;
- tilt your head back or lie down;
- bring the bottle close to the eye;
- look up and pull down the lower lid;
- press the bottle gently to release one drop;
- do not allow the tip of the bottle to touch the eye;
- close your eyes and blink a few times.

If necessary, ask someone to help you administer the eye drops.

For two weeks after cataract surgery, you should avoid:

- working in a bending position;
- lifting weights over 3 kg;
- steam saunas;
- taking hot baths.

After cataract surgery, you are allowed to:

- watch TV and use a computer within reasonable limits;
- read;
- go for a walk;
- do light housework and needlework at home;
- take a shower.

Contact the Centre of Emergency Medicine of East Tallinn Central Hospital (Ravi 18, Tallinn) as soon as you experience:

- sudden deterioration of eyesight;
- pain in the eye;
- severe redness in the operated eye.

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This information material has been approved by the Eye clinic on 01.01.2024.