

## Do's and Don'ts after Cataract Surgery

Although you may be very excited about your new vision, there are few precautions you need to take after cataract surgery. Follow these guidelines:

### Do's



Wash your hands properly before the application of eye drops



Wear an eye shield while sleeping



Resume normal daily activities like reading, watching TV, walking



Take regular diet



Wear dark glasses while going out (at least for one month)



Contact your eye doctor, if any problem arise



Incase you have cough, cold or constipation, get treatment immediately

### Don'ts



**DON'T** rub your eye



**DON'T** take head water bath for 1 month after surgery



**DON'T** sleep on the side of operated eye



**DON'T** drive until told so by your eye doctor



**DON'T** get exposed to dust / dirt / chemicals



**DON'T** lift heavy weights as this may strain your eye



**DON'T** perform any activity which may cause sudden jerky movements like travelling etc.

### Will glasses be required after surgery ?

- Cataract surgery doesn't correct nearsightedness or farsightedness. You may need to wear glasses only to fine-tune your vision. You may be given a new prescription.

### Will activities be restricted after surgery ?

- You can resume your daily activities in a few days. This also depends on the general health and the condition of your eye.

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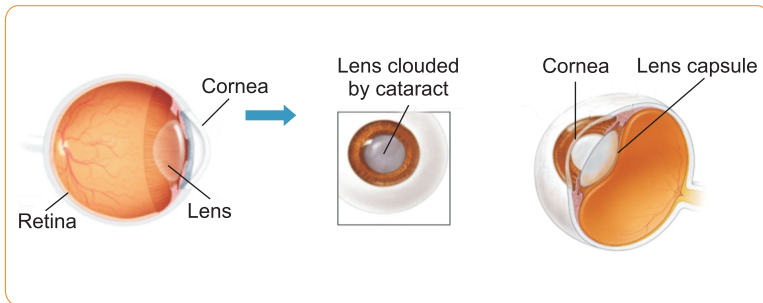
It can be **CATARACT**

Understanding  
**CATARACT**



## What is Cataract ?

- A cataract is the opacity (clouding) of eye's natural lens which is normally transparent. When the lens becomes cloudy, light rays cannot pass through it easily and the vision becomes blurred. It can develop in one eye or both eyes and has a variety of causes.



## What are the symptoms of Cataract ?

<b>Cloudy or blurred vision</b> Normal Blurry	<b>Colors seem faded or altered</b> Normal Faded color
<b>Glare / Halo</b> (Sensitivity to bright lamps or sun) Normal Glare	<b>Poor night vision</b> Normal Poor Vision
<b>Double visions/ shadows</b> Normal Double Vision	<b>Frequent changes in your eye glass prescriptions</b> <div> <math>\pm .50</math>  <math>\pm .25</math> </div> <div> <math>-2.20</math>  <math>-3.5</math>  <math>-4.5</math>                      Prescription changes                 </div>

## What are the causes of Cataract ?

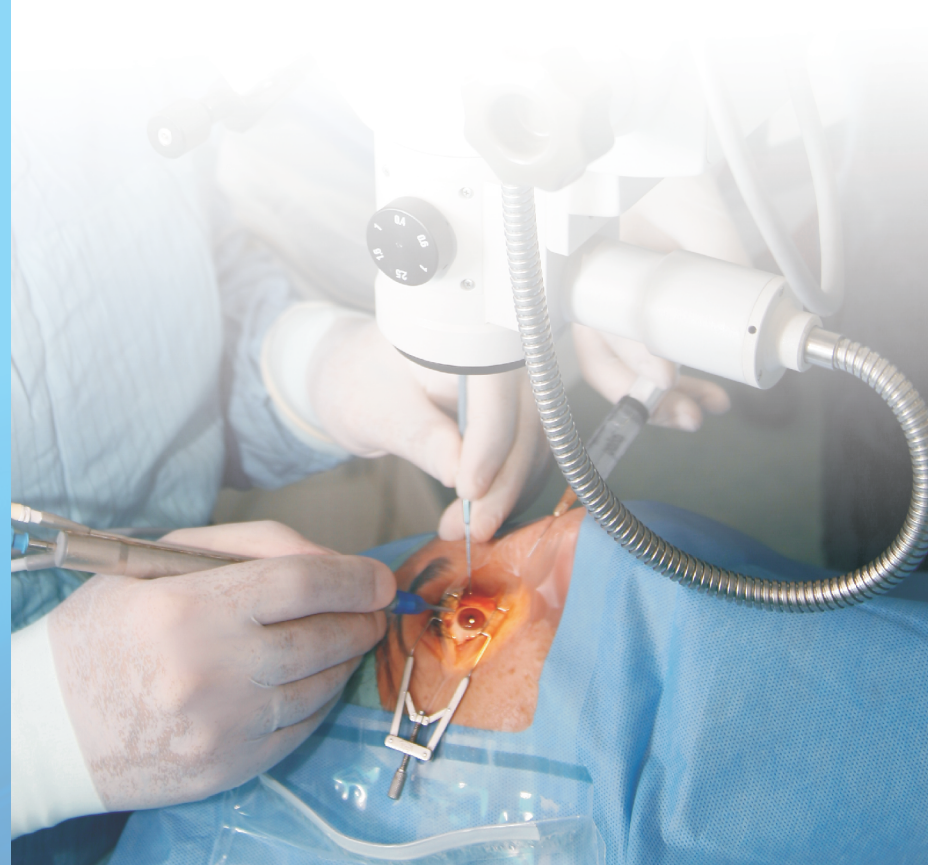
- Cataract development is a normal process of aging. Every person may get it sooner or later. Cataracts can also be present at birth, develop from injuries, certain diseases like diabetes, medications, smoking, drinking alcohol or long-term exposure to sunlight (U.V rays).

## What is the treatment for Cataract ?

- Surgery is the only treatment for cataract. Cataract surgery is safest with 95% success rate. More than 61 lakh cataract surgeries are performed per year.

## When should you undergo Cataract Surgery ?

- Cataract can be removed as soon as it begins to interfere with your vision.



## Commonly performed cataract surgeries are listed below

Phacoemulsification	Manual small incision cataract surgery (MSICS)
Very small incision (2.5-3mm)	Small incision (5.5 mm)
Clouded lens extracted by breaking it into tiny pieces with ultrasound energy & aspirated through an ultrasonic probe	The entire lens is removed out of the eye but no stitches are required
A soft, foldable IOL is inserted	A rigid low cost lens is inserted
Stitch-less, bloodless, painless surgery.	No stitches required
Quicker healing & recovery (vision restored in few days)	Outcomes similar to phacoemulsification, with shorter operating time & significantly lower costs
<b>Phacoemulsification Cataract Surgery</b> 	<b>MSICS</b> 