

***Mr Kaykhosrov Manuchehri MB BCh (Hon) BAO FRCOphth
Consultant Ophthalmic and Vitreo-retinal Surgeon***

The Chiltern Hospital
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AFTER CATARACT SURGERY:

DO NOT:

1. Do not rub your eye for at least two weeks
2. Do not swim for one month
3. Do not play contact sports/golf/tennis for at least two weeks
4. Do not bend down if you can avoid it
5. Do not lift heavy weights for 2 weeks after surgery
6. Do not drive if you feel unsafe to do so or if you cannot read a number plate at 20.5meters with both eyes open
7. Do not wear make up for the next two weeks
8. Do not get new spectacles until Mr Manuchehri advises you to do it.

DO:

1. Report any increasing pain or reducing vision in the operated eye by contacting Luisa on 01296-434352 or 07835 977069 immediately
2. Report any sudden increase in floaters and/or flashing lights immediately
3. Follow the instructions given to you regarding the wearing of the eye shield at the end of the operation. This will vary from patient to patient depending on the angle of the incision and if a suture was inserted or not for astigmatic correction.
4. Clean the eye with warm boiled water and cotton wool if sticky in the mornings
5. Use your drops as per instructions given on the bottles.
6. Wear dark glasses if the light hurts your eye