

Cataract Surgery: Before & After Care

A simple patient guide from Balaji Horizon Eye Hospital

Before your surgery

- Attend your pre-operative assessment and biometry (lens-power measurement).
- Tell us about all your medicines — especially blood thinners and prostate medicines such as tamsulosin.
- Continue your regular medicines unless we advise otherwise.
- Arrange for someone to accompany you home after the procedure.
- Eat normally unless told otherwise, and wear comfortable clothing.

On the day of surgery

- The eye is numbed with drops or a local anaesthetic — the procedure is usually well under an hour.
- Cataract surgery is day care: you go home the same day.
- You may be asked to start certain eye drops beforehand.

After surgery — the first week

- Use the prescribed eye drops exactly as directed (see our eye-drop guide).
- Wear the protective shield while sleeping for the first few nights.
- Do not rub or press on the eye.
- Avoid dust, swimming and heavy lifting; mild grittiness or watering is normal.
- Vision usually clears over a few days and settles over a few weeks.

Call us promptly if you notice

- Increasing pain not relieved by simple measures
- A sudden drop in vision, increasing redness or discharge
- New flashes, floaters, or a shadow/curtain across your vision

Follow-up

- Please attend all your review visits so we can confirm healing and your final vision.