

Post-operative Care: Cataract



Close eyes and rest at home



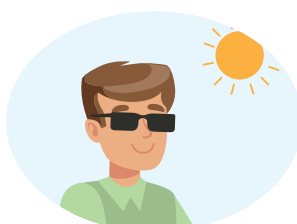
Take caution when using stairs



Wear eye shield for 1-2 weeks during sleep



Use medication or eye drops as instructed by doctor



Wear sunglasses while outdoors for 1 month to shield eyes from foreign objects and UV light irritation



Do not rub eyes



No eye make-up for 2 weeks



Avoid getting soap, shampoo, or tap water into eyes for 1 week



Avoid heavy lifting, straining and excessive physical exertion



No swimming for 1 month after surgery



Avoid crowded or polluted places to prevent wound trauma and infection



Eat more fruits and vegetables to prevent constipation

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Watch the "Care After Cataract Surgery" video series at the YouTube channel of HKSH Medical Group.