

**St. Teresa's Hospital
Eye Centre**

Patient Information
Cataract Surgery post-operation care

- **Leave with an escort with care.**
- Take painkiller if not well after surgery.
- Take rest at home.
- Avoid rubbing eye and vigorous exercise.
- Do not remove the eye dressing.
- Avoid water running into eyes during shower and hair wash.
- Avoid swimming for 1 month.
- No food restriction except patient with Diabetes or Hypertension.
- Keep well balanced diet.
- Avoid hot and spicy food.
- Avoid smoking and drinking alcohol.
- Contact doctor immediately if eye pain, red or swollen.
- Regular follow up and follow doctor's instruction.
- Wear eye shield when sleeping for 7 days after the surgery. Eye shield can be rinsed with water and dried for re-use.

Follow up visit is arranged on _____ at _____ by
Dr. _____.

Date: _____

Reference

1. 醫院管理局- 智友站 Retrieve, 2012 from

http://www.ekg.org.hk/pilic/public/Ophthal_PILIC/Ophthal_CataractOperationandIntraOcularLensImplantation_0065_chi.pdf