


Cataract Surgery

Post-operative Information





The Ophthalmology service offers the latest and most comprehensive eye care for patients. With a dedicated team of eye surgeons and consultants, we treat vision problems ranging from age-related macular degeneration, cataracts, corneal disease, diabetic retinopathy, glaucoma as well as other conditions affecting the eye.

After your cataract surgery

You should be able to resume most normal activities after surgery.

The following self-care instructions can help to prevent potential problems:

Do's

- Do apply the eye drops as prescribed by your surgeon.
- Do wear the rigid plastic eye shield when you sleep for the first week after surgery.
- Do wipe away any discharge from your operated eye with a soft clean tissue paper.
- Do wear sunglasses especially when you are outdoors.
- Avoid vigorous coughing or sneezing.
- Avoid crowded/dusty places.
- Avoid carrying children who may accidentally hurt your operated eye.
- Avoid bending your head down suddenly.

Don'ts

- Do not rub on your operated eye.
- Do not allow water or soap to enter your operated eye during the first 2 weeks after surgery.
- Do not swim during the first month after surgery.

Physical activity

- You may resume most of your normal physical activities within a day after surgery, unless otherwise advised by your eye surgeon.
- You may rest in any comfortable position, but take care not to direct any pressure on the operated eye.
- You may read or watch television.

Diet and other medication

- You may resume your normal diet after surgery.
- You may continue to take medication for pre-existing conditions such as diabetes, high blood pressure or heart disease.

Eye glasses or spectacles

- After surgery, you may continue to wear your eye glasses if you find them useful and comfortable. Your doctor will check the power of your eye glasses again about 4 to 6 weeks after surgery.

Follow-up visits

- Do remember to keep the appointment with your eye doctor so that he/she can monitor the progress of your eye condition.
- The schedule of these reviews will depend on your eye condition.

Post-operative symptoms

- Mild discomfort, tearing and itchiness in the operated eye are common symptoms after a cataract surgery.
- You may take over-the-counter painkillers such as paracetamol to relieve any mild pain if you are not allergic to the medication.
- Please seek immediate medical attention if you experience any of the following:
 - Severe pain in the operated eye
 - Excessive discharge and redness in the operated eye
 - Worsening of vision in the operated eye
 - Headache, nausea and/or vomiting

How do I use my eye medication?

1. Wash your hands before applying the eye drops.
2. Seat yourself comfortably and read the instructions on the label.



3. Shake the bottle and remove the cap. Avoid touching the nozzle of the bottle.
4. Tilt your head back, look upwards and gently pull down your lower eyelid to form a pocket.



5. Hold the bottle with the application tip as close to the eye as possible without touching. Apply one drop into your operated eye.



6. Gently close your eye after applying the eye medication for 5 minutes. Do not rub.



7. Wipe off any excess eye medication that overflows onto your cheek with a clean piece of tissue.



If you need to apply 2 different types of eye drops at the same time, apply the second eye drop 6 minutes after the first. This helps both the eye drops to work better.

How should I store my eye medication?

- Keep your eye drops in a cool dry place.
- Discard eye drops one month after opening them.
- Bring all eye medications with you to every clinic appointment.
- If a drug allergy develops, stop applying the eye medication immediately and consult a doctor.

Caring for you

The eye team is here to assist you on this journey.



For more information, please visit us at:

www.juronghealthcampus.com.sg/ClinicalServiceDetail/Ophthalmology

Please call 6716 2000 (during office hours) or visit the Emergency Department if you develop symptoms that require urgent medical attention.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

**Please refer to our websites for more details.*

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

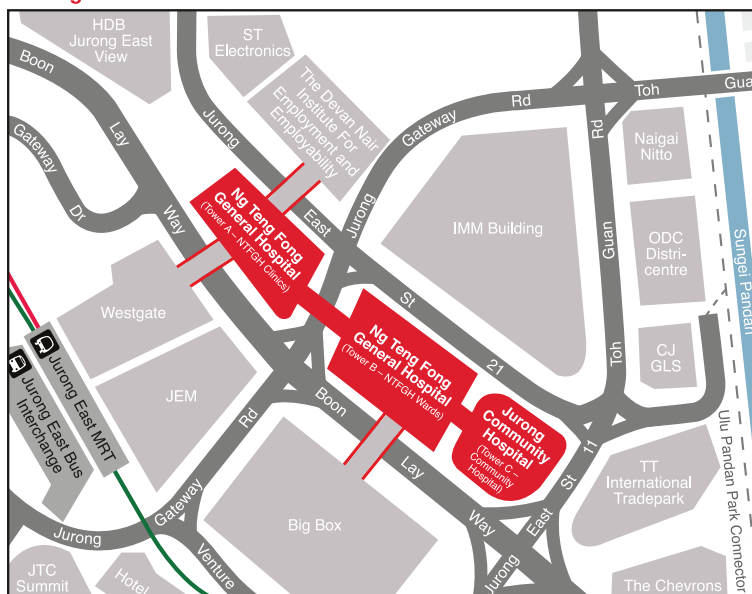
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.