

Giving a dropper, drop a drop of medicine into the eye.

After instilling the drop, keep the eyelid closed for a minute and avoid blinking hard so that the drop can be absorbed.

When instilling the drop, be careful not to touch the eye.

Avoid contact of the tip of the drop with the eyelashes, your fingers and the eyelid.

If it is time to use the drops at the same time, wait 10 to 20 minutes after using the first drop until it has the necessary effect in the eye and then use the next drop.

Use plastic eye protection for a week, especially at night while sleeping.

Do not share the drops with another patient just because they are similar.

There is no need to change your diet after surgery. Just prevent constipation, which is possible by eating the right amount of vegetables, fruits and water .



Avoid rubbing and pressing the eyes, because it may interfere with the natural wound healing process and cause burning and itching of the eyes.

Do not sleep on the operated side and avoid sleeping on your stomach. Studying and watching TV is fine.

You can use sunglasses to protect your eyes from sunlight.

After the operation, you have a slight pain, so if necessary, use an analgesic such as acetaminophen

Care before cataract surgery:

Bathing: Wash the eyelids and eyelashes the night before the procedure. Stop smoking the day before the operation

If you use blood thinners such as aspirin, warfarin, Plavix, inform the anesthesiologist.

Eat a light dinner the night before surgery.

Consult your doctor about eating breakfast on the day of surgery.

Be sure to consult your doctor about taking or stopping blood pressure and blood sugar medications before surgery.

Use of pupil dilating drops before surgery by the nurse.

Care after cataract surgery:

After the operation, do not open the bandage on your eye until the first doctor's visit.

Medicines and drops must be taken according to the doctor's prescription

After opening the eye dressing, start the drops according to the doctor's instructions.

It is necessary to wash hands before pouring the drops.

The drops should be consumed on time.

It is necessary to use eye drops for a maximum of 1 month after the operation.

Avoid arbitrarily taking separate medicines.

The correct and timely use of drugs after the operation has a significant impact on the success rate of the operation.

When lying down or sitting on a chair, turn your head

Bend back, pull the lower eyelid down and with pressure

Cataract is the clouding of the eye lens. The lens of the eye, which is located behind the iris and pupil, acts like a camera lens and focuses the image on the retina.

Also, the lens of the eye focuses the light so that both distant and near objects fall on the retina, as a result, a person sees both far and near clearly.

The lens is mainly made of water and protein. Proteins make the lens transparent and light passes through them. If the proteins change, the lens becomes cloudy and causes cataracts.

The only way to treat it is surgery and there is no other way to clear it again.

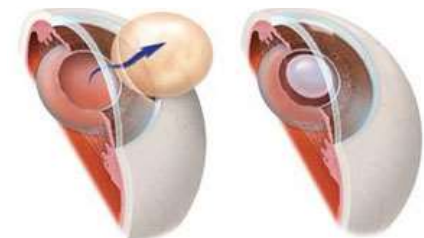
Cataract symptoms:
Blurred vision without pain / seeing bright spots / reduced visual acuity / darkening of colors / light scattering



Surgical procedure:

In cataract surgery, the natural lens of the patient's eye, which is cloudy, is replaced with a transparent artificial lens.

This operation usually takes about 30 to 60 minutes and if the patient cooperates, it does not require general anesthesia and can be performed with local anesthesia .





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Cataracts

کد سند: ۳۳-۳/۳-۱-f

education Department

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۳- Website of Cheshm Farabi Eye Center in
Tehran

۴- Mashhad eye research center website

*Reviewed by eye professors of Khalili
Medical Education Center

After ۳ to ۴ weeks you can start driving
and sexual activity. Your vision may not
be perfect after the operation, but it will be
perfect gradually.

It is permissible to pray from the day of
operation with a clean stone and ablution
of Jubirah, but prostration should be
avoided for a week and the seal should be
close to the forehead.

In the first ۴ weeks, you should avoid
bending, straining and lifting heavy
objects and staying in one position for a
long time.

During this time, you should not bend
your head forward. If you have to pick up
something from the ground, don't bend
your back, but bend your knees and keep
your head straight.

Avoid straining, sneezing and coughing.

Ask the doctor about the time of bathing
(washing the head and face about ۵ to ۱۲
days after the operation). It is
recommended to avoid contact with water
and detergents while bathing.

But when washing your head and face,
keep your eyes closed and do not put
pressure on the eyelids and use baby
shampoo and soap.

After cataract surgery, there is a
possibility of retinal detachment, if you
have the following symptoms, be sure to
see your doctor:

- Seeing bright spots in front of the eyes
- Reduction of vision and pain
- Increased redness and abundant
discharge from the eyes