Sadbhaav Eye & Dental Clinic
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After eye surgery: care at home

For patients and family carers after cataract or other eye surgery. Always follow your own surgeon's instructions if they differ.

Putting in eye drops

1. Wash your hands.
2. Tilt the head back and look up.
3. Pull the lower lid down gently to make a small pocket.
4. Put **one drop** in the pocket; do not let the bottle touch the eye.
5. Close the eye gently for 1–2 minutes; press lightly on the inner corner.
6. Wait **5 minutes** between different drops. Drops before ointment.
7. Shake white (milky) drops before use.

My drop chart

Drop	Times a day	Until

Set phone alarms. Do not stop steroid drops suddenly unless told.

Do

- Wear the eye shield at night (usually the first week).
- Clean the closed lids with cooled boiled water and clean cotton, inner corner outwards.
- Wear dark glasses outdoors.
- Walk, read, watch TV and eat normally.
- Continue usual medicines (diabetes, blood pressure, blood thinners) unless told otherwise.

Avoid

- Rubbing or pressing the eye.
- Water splashing into the eye; swimming for 2–4 weeks.
- Dust, smoke and wind for 1–2 weeks.
- Heavy lifting and long head-down bending for about a week.
- Eye make-up and kajal for 2–4 weeks.
- Driving until your surgeon says your vision is adequate.

Call the clinic the same day if

- **pain is increasing**
- **vision is getting worse** instead of better
- **redness or swelling is increasing**
- there is yellow or green sticky discharge
- there is nausea or vomiting with eye pain
- new floaters, flashes or a curtain over vision appear
- the operated eye is injured

When you call, tell us

1. Patient's name and registered phone number
2. Which eye, which operation, and the date
3. The main problem and when it started
4. Vision today compared with yesterday
5. Which drops, and when the last dose was given
6. Diabetes, blood thinners, fever

Sadbhaav Eye & Dental Clinic
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Mon–Sat 10 am–1 pm and 5–8 pm · Sunday closed · Call / WhatsApp: **+91 70169 12180** · sadbhaavclinic@gmail.com
General information only; it does not replace advice from your own doctor. Reviewed by Dr Dhaval Patel, MD (AIIMS, New Delhi).