



Information Guide

Ophthalmology

Cataract Surgery

Important : On the day of your surgery, your companion must **stay in the waiting room at all times.**

Depending on the type of anesthesia you receive, **you may be required to have someone stay with you at home for the next 24 hours.** You will be informed if this applies to you.

Post-Surgery Recommendation

Protective Eye Shield

- Wear the **protective shield** during **naps and at night for 1 week.**
- Secure the shield with **skin-safe adhesive tape** (*available at your pharmacy*), **not with an elastic band.**
 - Apply the tape from **top to bottom:**
 - One strip on the **upper part** of the shield
 - One strip on the **lower part**



Eye Drops

- It's very important to start using your eye drops as soon as you get home and to follow your doctor's prescription carefully. If you have any questions about your drops, speak with your pharmacist.
- **Always bring your drops and ointment to your ophthalmology appointments.**

Glasses

- Wear sunglasses if needed for comfort.
- Your old glasses may no longer match your distance vision. Your eye doctor will let you know if and when you need a new prescription — usually not before your follow-up visit, around **4 to 6 weeks** after surgery.
- In the meantime, you can use over-the-counter reading glasses. Most people need a strength between **+2.5 and +3.5 diopters**, depending on your comfort.

Activities

- Do **not rub your eyes**.
- Be careful to **avoid falls or any hit to the eye**.
- Do **not lift anything heavier than 10 pounds (about 4.5 kg)** for 2 weeks.
- Avoid getting **water directly into the operated eye** when bathing, showering, or washing your hair — for 2 weeks.
- Do **not use makeup or creams around your eyes** for 2 weeks.
- **You won't be able to drive** for a few days after surgery. Your doctor will tell you when it's safe to drive again — it depends on your vision and healing.
- For **any intense physical activities** (bowling, golf, running, skiing, etc.), wait for your ophthalmologist's approval.
- You can **read, watch TV, use a computer**, and do your **usual daily household activities** as you feel comfortable.

General Information

- Follow-up appointments are necessary after your surgery.
- The **first appointment** will take place **a few hours after surgery**, the **next day**, or within **48 hours**. A **second appointment** will be scheduled **4 to 6 weeks later**. You will need to arrange for someone to accompany you, as **you will not be able to drive** to these appointments.

These symptoms are normal after surgery and may last a few days:

- Frequent tearing
- Eye stinging or irritation
- Halos, light-related visual effects, and a dilated pupil
- Feeling like something is in your eye (foreign body sensation)
- Burning sensation
- Blurry vision

Dry Eye

Cataract surgery often increases eye dryness, especially during the first year after the procedure. You will likely need to use artificial tears regularly.

Pain Relief

You may take **Acetaminophen (Tylenol®)** as recommended by your pharmacist. If you have any questions about pain medications, please contact your pharmacist.

Complications

In some cases — although rare — more serious complications can occur. These complications may require additional surgery or could lead to total vision loss :

- Intraocular infection
- Retinal detachment
- Capsular rupture
- Macular edema
- Significant increase in eye pressure
- Posterior capsular opacification (also called capsulosis)
- Corneal decompensation
- Intraocular bleeding (hemorrhage)

Contact your doctor or go to the emergency room if you notice any of the following:

- **Significant decrease in vision**
- **Severe pain** not relieved by Acetaminophen (Tylenol®)
- **Excessive redness** in the operated eye
(Note: A small amount of blood in the white part of the eye is normal and not considered a complication.)

If you experience any of these symptoms:

On weekdays between 8:00 a.m. and 4:00 p.m., call the Ophthalmology Clinic at Hôpital du St-Sacrement: ☎ 418-682-7680

At any other time, go to the Emergency Department at Hôpital du St-Sacrement so you can be evaluated as quickly as possible.

Personal notes :

This guide makes recommendations in accordance with the scientific information available at the time of its publication, i.e. 2 may 2025. However, these recommendations are in no way a substitute for the judgment of a clinician. If you have any questions, we invite you to contact your healthcare professional. If in one way or another you misuse the information contained in this document, the CHU de Québec cannot be held responsible for any damages of any kind in this regard.



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