



Postoperative Care after Cataract Surgery

During the recovery from cataract surgery, the eye should be healing appropriately every day. The most important indicators of a serious problem after cataract surgery are reduced vision (reduced BCVA), increased eye pressure, pain (worsening), nausea or vomiting, abnormal pupil reaction or shape, corneal infiltration/ulceration, wound leakage (positive Siedel), increased AC reaction/hypopyon, fibrinous AC reaction, lens dislocation, vitreous inflammation, retinal detachment and vitreous hemorrhage (among other serious concerns).

Common symptoms after cataract surgery: pupil dilation (normal for the first 2 or 3 days), blurry vision (normal for the first 2 or 3 days), scratchy sensation (normal, but improving during the first 2 or 4 weeks-related to incision architectural healing), shadow or bright arch temporal visual field (negative and positive dysphotopsia, natural and related to “perfect surgery”), stinging from eye drops

Not so common side effects from routine cataract surgery: Dry Eye or Medication induced corneal reactions. Recommend treating the offending agents or dryness. NSAIDS may induce corneal toxicity in a small number of patients-look for confluent, dense SPK. In this setting, d/c the NSAID, switch to PF Tears. If patient continues to need NSAID, then may need to switch to a once day dosing like Bromday or twice daily like Nevanac.

There are some issues which may eventually need to be addressed. If your patient underwent Advanced Technology Cataract Surgery™ or underwent the Preoperative Refractive Evaluation, and the refractive target has not been achieved, then schedule your patient to be seen by Dr. McGarity’s clinic. If it is safe and necessary, then we can provide touchup procedures to achieve our refractive goals (incisional touchups or Excimer Touchups).

When should you call Dr. McGarity’s clinic? Call anytime should questions arise. If your patient is experiencing an eye medical emergency, then call Dr. McGarity’s clinic immediately. If it is after hours, call Dr. McGarity’s cell phone (listed on our answering machine) or call the hospital (573-882-4141).

Restrictions after routine cataract surgery: Do not allow anything to rub or bump the operative eye for at least 2 weeks following surgery. Wear protective sunglasses when outside or anytime when you feel there is a risk of the operative eye being bumped or struck for at least 2 weeks following surgery. No submerging your head under water/bath for at least 2 weeks. There are no restrictions on bending or lifting (thing of the past with micro-incisional cataract surgery). Patients may resume most of their normal activities following cataract surgery, as long as they restrict certain activities (listed above).