

# Cataract Surgery

## Ophthalmology Clinic

4480 Oak Street, Vancouver, BC V6H 3V4  
604-875-2040 Fax: 604-875-3561  
www.bcchildrens.ca

## What to expect after surgery

### Pain

- it is normal to have some pain for a few days and to have a feeling like there is something in the eye. These should gradually decrease and can be controlled with painkillers like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).

### Light Sensitivity

- It is normal to have some light sensitivity for the first few days which can be relieved by using sunglasses or a hat.

### Watering and Discharge

- It is normal to have some watering and some crusting on the eyelids in the morning for the first few days.

### Appearance of the Eye

- Some mild redness is normal and should gradually decrease.
- The pupil of the operated eye may be large or dilated.
- It is normal to sometimes see a “glint” or reflection in the pupil. It is also normal to sometimes see a bubble of air in the front of the eye for the first couple of days.

### Vision

- Often the vision is still blurred at the start and may remain blurred until you have received updated glasses or contact lenses.

## Wound Care

- Most children will wear a pad and shield overnight immediately after their operation. The pad is usually removed and discarded the first day after the operation, by your surgeon. The shield is kept for wearing at night for the first two weeks.
- Start the post op drops, as prescribed by your surgeon, when the patch comes off. When more than one eye drop has been prescribed and they are to be taken at the same time, allow a few minutes between drops.
- If your child doesn't have glasses, you should also wear the shield during the day to provide protection.
- Rubbing should be discouraged as much as possible. You should keep your child's hands clean in case they do rub their eye.
- You will be given a prescription for drops to use for the first several weeks.
- ***Always wash your hands before and after caring for your surgical site.***

## Activity

- Your child should avoid vigorous activity for two weeks after the operation. They should avoid swimming for four weeks.
- It is okay to have a shower or bath but avoid getting water into the eyes by washing hair backwards and using a washcloth to wash their face.

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### When to See Your Child's Doctor/Go to the Emergency If...

- Some mild pain, blurred vision, redness, watering, light sensitivity and crusting are normal and should gradually improve day by day. However, if these are severe or worsening you should see your doctor as soon as possible.
- If your child develops nausea and vomiting with pain they should also be seen as soon as possible.
- There are signs of infection such as increased pain, increased eye or eyelid swelling after postoperative day 3, with a fever greater than 38.0C.



### Contact Information

- After hours, phone the Ophthalmology resident on call:
  - 875-2161, ask for "Ophthalmology ON CALL".
- If there is an emergency and you cannot contact your surgeon's office or "Ophthalmology on call", please call 9-1-1 or go to the emergency department at BC Children's Hospital.



### Follow up

- You may already have a follow-up appointment booked with your child's surgeon. If not, please contact their office, at your earliest convenience, for your appointment.

### Additional Instructions:

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