



*Dr Vanita Pathak-Ray MBBS, FRCS(Ed), FRCOphth(Lon); TSMC 77016
Glaucoma Fellowship, University of Toronto, Canada
Senior Glaucoma and Cataract Specialist
Whatsapp +91 8247084087, +91 9000420031 email: vpathakray@gmail.com*

Precautions after surgery: PLEASE follow for 7 days - 10 days for cataract surgery / 14 days - 21 days for glaucoma surgery and combined cataract and glaucoma surgery.

PLEASE AVOID CROWDED AREAS AND ALL NON-ESSENTIAL TRAVEL

1.	Please <u>AVOID</u> head bath; <u>NO</u> water or soap in the eye Please wipe <u>GENTLY</u> below the eye after applying eyedrops; other eye may also water Please wipe the face with a wet towel, AVOIDING the eye Please <u>DO NOT</u> rub the eye Please sleep on the other side or straight. Please use the plastic cap at bed-time (after washing the cap with soap water and drying it)
2.	Please <u>AVOID</u> heavy physical activity, including bending and lifting of heavy weight/s and physical closeness with your spouse/partner
3.	You can continue your <u>USUAL</u> diet (diabetics must follow a diabetic diet)
4.	Sometimes the doctor may place a BANDAGE CONTACT LENS – you will be informed if one has been placed. If this falls off, please <u>DO NOT</u> try to re-insert in the eye. If any concern please whatsapp on 8247084087 Or 9000420031
5.	Please make sure your daily motions are free and clear Please make sure you have no sneeze or cough If any concern please whatsapp on 8247084087 or 9000420031
6.	Ladies and gentlemen please <u>AVOID</u> kitchen work Gentlemen please <u>AVOID</u> wet shave (that is please do not splash water)
7.	If you have the following symptoms, alone or combined with each other, then these might be an indication of danger or trouble - Pain in the operated eye, <u>ONLY if it does not settle down within 2 hours</u> of tablets prescribed - Increasing redness of the operated eye - Worsening of vision in the operated eye If any concern or in an EMERGENCY please phone or whatsapp on 9000420031 or 8247084087