

Everything You Need to Know Before Your Cataract Surgery

A Complete Printable Patient Guide

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Understanding Cataract

A cataract is the clouding of the eye's natural lens, leading to blurred vision, glare, poor night vision and difficulty with daily activities.

When is Surgery Needed?

Surgery is recommended when cataract affects reading, driving, work or quality of life. Waiting too long may make surgery more difficult.

Preparing for Surgery

Continue routine medicines unless advised otherwise. Inform your surgeon about diabetes, hypertension and blood thinners. Arrange an attendant and bring previous eye reports.

Tests Before Surgery

Vision assessment, eye pressure, retinal examination, optical biometry and corneal measurements help determine the most suitable intraocular lens power.

What Happens on Surgery Day?

Eye drops are instilled, local anaesthesia is given, the cloudy lens is removed through a tiny incision using phacoemulsification and a foldable IOL is implanted. Most procedures take 10–20 minutes.

Choosing Your Intraocular Lens (IOL)

Lens Type	Advantages	Limitations
Monofocal	Excellent distance vision	Reading glasses usually needed
Toric	Corrects astigmatism	Higher cost
EDOF	Better intermediate vision	Reading glasses may still be needed
Multifocal/Trifocal	Near & distance vision	Possible halos/glare

Recovery Timeline

- Day 1:** Mild watering and blurred vision are common.
- Week 1:** Vision improves; resume light activities.
- Week 2:** Most office work and normal routines can resume.
- Month 1:** Final vision assessment and spectacle prescription if needed.

Eye Drop Schedule

Time	Completed
Morning	■
Afternoon	■
Evening	■

Bedtime	■
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Do's and Don'ts

Do: Use eye drops regularly, wear protective glasses outdoors, attend follow-up visits, keep the eye clean.
Avoid: Rubbing the eye, swimming, heavy lifting, dusty environments and eye makeup until advised.

Emergency Symptoms

Seek urgent ophthalmic care if you experience severe pain, sudden decrease in vision, increasing redness, thick discharge, flashes of light or numerous new floaters.

Approximate Cataract Surgery Cost Estimates (India)

Lens Option	Approximate Cost (■)
Standard Monofocal	20,000–45,000
Premium Monofocal	35,000–60,000
Toric	50,000–90,000
EDOF	80,000–1,30,000
Multifocal / Trifocal	90,000–1,60,000+

Printable Recovery Checklist

- Eye drops taken as advised
- No eye rubbing
- Protective glasses used
- Follow-up attended
- Vision improving
- No pain or increasing redness

Follow-up Planner

Visit	Date	Done
Day 1		■
Week 1		■
Month 1		■

Disclaimer: This booklet is for patient education and should not replace an individual consultation with your ophthalmologist.

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