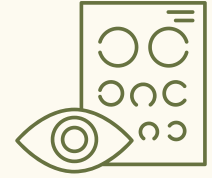


## POST CATARACT SURGERY INSTRUCTIONS



- Obligation to use medicines and follow the doctor's instructions.
- It is better to pray on a chair and to avoid prolonged bowing and prostration for one to two weeks.
- You can take a shower but make sure that the water does not reach the site of the surgery for a period of one to two weeks.
- It is preferable to sleep on your back or on the opposite side of the surgery (for example: if the surgery is in the left eye, then sleep on your right side) for a period of one to two weeks.
- you sight will be blurry after the surgery and the improvement will be gradual.
- Avoid rubbing your eyes for one to two weeks.
- Use an eye shield or protective cover at bedtime for one to two weeks.
- It is preferable to wear sunglasses when leaving the house or wear a cover to protect your eyes.
- Avoid dust, smoke, and incense for one to two weeks.
- Avoid wearing makeup and cosmetic contact lenses for two weeks.
- You can read, watch TV, and use smart devices.