



THE HARLEY STREET EYE CENTRE - 22A Harley St, London W1G 9PB
WEYMOUTH STREET HOSPITAL - 42-26 Weymouth St, London W1G 6DR
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Blue Fin Vision® | Aftercare Guide

After Cataract Surgery or Lens Replacement Surgery

Your surgery has been completed successfully. This guide explains what to expect and how to care for your eyes as you recover.

A Key Principle: Use Your Eyes Normally

Your eyes are designed to be used. You will not damage your eye by using it. In fact, returning to normal visual activity helps your brain adapt more quickly to your new vision.

You can:

Watch television as soon as you feel comfortable
Use your phone, tablet or computer
Read and carry out normal daily activities

There is no need to “rest” the eye in the traditional sense.

Daily Activities

You can return to most normal activities almost immediately:

Showering: From the next day
Water in the eyes: This is not harmful
Bending over: Absolutely fine
Household activities: No restriction
Walking and light activity: Immediately

Your eye is secure after surgery. Normal movement and positioning will not affect your outcome.
(Some patients may not require drops depending on their treatment pathway.)

Mr Mfazo Hove Consultant Ophthalmologist MBChB MD FRCOphth CertLRS



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When to Seek Advice

Contact us if you experience:

- Increasing pain
- Sudden drop in vision
- Significant redness
- New flashes of light or a sudden increase in floaters

These are uncommon, but important to assess promptly. Mr Hove's number is **07967352298**

Follow-Up Appointment

Your routine post-operative review is scheduled for:

6 weeks after surgery

This allows your vision to stabilise and ensures the best possible long-term outcome.

Final Reassurance

Modern cataract and lens replacement surgery is highly refined.

Your eye is stable, secure, and designed to return to normal function immediately.

The best thing you can do after surgery is simply this:

Get back to living your life and using your vision.