

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. 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.

If You Have Had a Premium Lens

If you have had a premium lens, it is **very important** that from the day of surgery you:

1. Do not wear any form of spectacle correction
2. Change the text size on your phone and all other devices to the smallest size available
3. Increase screen brightness to at least 50% (anything up to 100% is fine)
4. Use bold text only if you find it helpful (this is optional)

This enables the fastest possible neuroadaptation. Being made to read small text teaches your eyes to work on the most challenging setting, and once you can do that, you will be able to read anything.

Daily Activities

You can return to most normal activities almost immediately.

Activity	When
Showering	From the next day
Water in the eyes	Not harmful

Activity	When
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.

Your Eye Drops

You will be given two sets of drops:

Drop	How often	How long
Pred Forte	4 times a day	6 weeks
Bromfenac (Yellox)	4 times a day	6 weeks

Open one bottle of each. If you have had surgery on both eyes, use the same bottles for both eyes.

The timing of the drops through the day is not important. Simply put both drops into each eye that has had surgery, 4 times a day.

Leave 5 minutes between the two drops: one drop of the first into both eyes, then one drop of the second into both eyes 5 minutes later.

The drops do not need to be kept in the fridge.

(Some patients may not require drops depending on their treatment pathway.)

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 will personally give you his number.

Follow-Up

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.