

Preparing for cataract surgery

Questions for patients and caregivers

Use this guide to record your preparation and recovery support plan.

Surgery date:

Arrival time:

Clinic / surgeon:

Eye planned:

CHECK FIRST

Follow the instructions from your surgical team. Confirm food, drink and medicine instructions before making any change.

Before surgery

- ☐ I completed the requested assessment and eye measurements.
- ☐ I shared my health conditions, allergies and complete medicine list, including eye drops.
- ☐ I confirmed what to do with each medicine and eye drop before surgery.
- ☐ I confirmed any food, drink, bathing or eye-cleaning instructions.
- ☐ I arranged transportation home and the support I may need during recovery.

My preparation plan

Food and drink instructions

Medicines and eye drops

Eye cleaning and what to bring

Transportation and support

Author and clinical reviewer: Anuolu Bank-Oni, PharmD, CDE, BCGP

General information for a healthcare conversation. It does not replace advice or instructions from your healthcare professional.

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Questions and recovery plan

My cataract surgery record

Use this page to ask what matters to you and record the instructions you receive.

Questions I may want to ask

- ☐ Which eye will be treated, and what lens and vision plan are recommended for me?
- ☐ What type of anaesthesia or sedation is planned, and how long should I expect to be at the clinic?
- ☐ What should I do with food, drinks, usual medicines and eye drops?
- ☐ What should I bring or wear on the day of surgery?
- ☐ How and when should I use eye drops or an eye shield after surgery?
- ☐ Which activities should I avoid, and when may I drive again?
- ☐ When is my follow-up, and whom should I contact with questions?
- ☐ Which symptoms mean I should contact the eye team urgently?

My recovery support

Ride home:		Help at home:	
Eye drops / shield:		Activity limits:	
Follow-up:		Eye team contact:	

GET HELP NOW

After surgery, contact your eye doctor immediately if you lose vision; have severe, persistent pain despite medicine; develop marked eye redness; see flashes of light; or notice many new dark spots or moving squiggly lines.

Sources: National Eye Institute. Cataract Surgery. Updated December 2024.
Guy's and St Thomas' NHS Foundation Trust. Having Cataract Surgery. Accessed September 2026.

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