

Frequently Asked Questions after eye surgery

Unless specifically stated by Dr Adams the information below is a guideline for when you can return to normal activities.

When can I drive?

48 hours after surgery

When can I fly?

48 hours after surgery

When can I swim or surf? (ocean and pool)

2 weeks with goggles

4 weeks without goggles

When can I go to the gym?

2 weeks after surgery for weight training/yoga (downward position)

1 week after surgery for upright activities (treadmill/indoor cycling)

When can I play golf?

2 weeks after surgery

When can I have a massage?

2 weeks after surgery

When will my vision recover?

Generally, there is an improvement as the pupil dilation wears off in the first 2 days, and following this it takes 4-6 weeks for full adaptation to your new IOLs.

When can I wear makeup?

2 weeks after surgery

How soon before or after can I have other surgery?

For dental surgery, a minimum period of 2 weeks. For other surgeries, check with the anaesthetist.

Should I use my other eye drops?

Yes (unless directed otherwise). Obtain fresh bottles to use following the surgery to avoid contamination.

Should my eye be red or scratchy?

It's expected for the eye to be red immediately after surgery – this can last for a few weeks. Often it will be a little scratchy. Use the artificial tears provided. If it doesn't settle in a few days – let us know.

Do I need a carer?

Yes, you will need to be discharged to someone after your surgery and we recommend they stay with you for the first night after surgery.