

Post Cataract Surgery – A Guide of When to Resume Everyday Activities

		ACTIVITY	CAN BE RESUMED BY:
Daily activities		Reading/Watching TV	Immediately
		Showering/washing hair	Next Day: Shower, with eyes closed. Avoid water in eyes! 2 days: Wash hair, with eyes closed. Avoid water in eyes! 2 weeks: Water in eyes now OK
		Driving	2 days or more
		Vacuum Cleaning	1 week
		Gardening	2 weeks
		Lifting heavy items	3 weeks
Physical activities		Swimming	2 weeks: Swimming 6 weeks: Diving
		Brisk Walking	1 week
		Jogging	3 weeks
		Yoga	2 weeks: Yoga 3 weeks: Head inversion
		Gym	3 weeks
		Non-contact Sports: eg. Golf, Tennis	2 weeks
		Contact Sports: eg. Rugby	4 weeks
		Sexual activities	2 weeks
Misc.		Make-up/Lash extensions/Lash Tinting etc.	2 weeks
		Rubbing Eyes	2 weeks: Gentle rubbing, but avoid long-term!
		Salon (Exposure to chemicals)	1-2 weeks
		Massage	3 weeks
		Dusty Environments	2 weeks