



Eye Essentials

EYE TIPS/ EYE GYAN

Why periodic Eye Check-ups are important?

- Near sighted people have higher chances of Retinal Detachment (1 in 20 versus 1 in 10000 for general population)
- Diabetics are 25% more likely to lose vision than non- diabetics
- People with diabetes have a higher risk of blindness and are 40% more likely to suffer from glaucoma than people without diabetes
- Glaucoma “the silent thief of sight”, affects 1 in 200 people above the age of 40. More than half of them don’t even know that they have glaucoma till it is very late
- 5-10% of pre-school aged kids and almost 25% of school going kids have undiagnosed vision problems
- Eye care isn’t just for the elderly. Specific eye conditions and eye diseases can strike at any age from new born to old age
- Early detection and treatment of most eye problems can save your sight.

Eyes are precious- take good care of them

DO's after Cataract surgery

- Put eye drops regularly as prescribed
- Wipe the operated eye with sterile clean and moist cotton 1-2 times per day
- Wear protective glasses all the day
- Take medicines for diabetes, hypertension, asthma, heart diseases as before
- If you have cough, take treatment for it at the earliest
- No food restrictions after surgery
- Take bath below neck for atleast 15 days
- Can comb the hair and put oil carefully
- If any problem contact your doctor immediately

DON'TS after cataract surgery

- Don't lift weights for 30 days
- Do not sleep on the side of operated eye
- No water or soap or dust should go inside the operated eye for atleast 30 days
- No face wash for atleast 15 days after the surgery
- Do not go near the stove or gas for atleast 7 days
- Do not strain while passing stools
- Do not go in the sunlight without dark glasses
- Do not lift small kids
- Do not smoke/chew tobacco
- Do not drink alcohol

Other important tips:

1. Reading in dim light won't hurt your eyes, it will only give an headache
2. Take contact lens out before going to bed. Your chances of getting eye infection is 10-15 times greater if you sleep wearing contact lens
3. Eye drops sting less if you keep them in the refrigerator
4. Never use tissues or toilet paper to clean your eye glasses as it will scratch your lenses
5. Cataract surgery is not an emergency to undergo surgery right away. There is usually no harm in waiting in majority of the cases. Cataract rarely hurt you – they just make it hard to see
6. If you are over 50 and considering LASIK, wait until you develop cataract. Then we can fix your vision as a part of cataract surgery and you can achieve good vision by one surgical procedure only, instead of undergoing lasik first and then cataract which will eventually develop
7. No it's not okay to wait for symptoms and signs to appear. Some blinding eye diseases have few or no warning signals before they take away your vision. Hence regular yearly eye examination is the only way to catch things early.