



Most patients notice an improvement in their vision within a few days after surgery, but it can take up to 4-6 weeks for your vision to fully stabilize. During this time, you might experience mild blurriness or fluctuations as your eye heals and adjusts to the new lens.

# Will I need glasses after cataract surgery?

This depends on the type of lens you choose. **Monofocal lenses** will likely require glasses for either near or far vision. **Multifocal lenses** aim to reduce the need for glasses, but some patients may still need glasses for certain activities like reading small print or night driving. **Monovision lenses** can reduce the need for glasses but may require time to adjust to the difference between near and far vision.

# 3. Is it normal to see glare or halos around lights after surgery?

Yes, some patients experience glare or halos, especially when looking at bright lights or while driving at night. This is more common with **multifocal lenses**. These symptoms usually improve over time as your brain adjusts to the new lens. If the glare or halos persist and are bothersome, please discuss this with Dr. Tinoosh during your follow-up visits.

# 4. Why does my vision fluctuate during the day, especially when using the computer?

It's common for patients to experience vision fluctuations after cataract surgery, particularly when doing activities that require prolonged focus, such as using a computer. In the morning, your vision may feel clearer because your eyes are rested. However, throughout the day, especially with tasks like reading or computer work, your eyes can become strained, leading to blurred or fluctuating vision. This is typically part of the healing process, and these fluctuations should improve over time as your brain adapts to the new lens.

### 5. How long should I expect vision fluctuations to last after cataract surgery?

For most patients, vision fluctuations can last **a few weeks to a couple of months** as your eye heals and adjusts to the artificial lens. The timeline can vary depending on the type of lens you have. **Multifocal lenses** may take longer to adjust to, especially with nighttime glare or halos, while **monofocal lenses** tend to have fewer fluctuations. If you're experiencing prolonged or severe fluctuations, it's important to discuss this with Dr. Tinoosh during your follow-up visits.

### 6. Can prolonged screen time affect my recovery?

Yes, spending long hours on a computer or digital devices can contribute to eye strain and may cause your vision to fluctuate throughout the day. It's recommended to take **frequent breaks** using the **20-20-20 rule**: every 20 minutes, look at something 20 feet away for 20 seconds. Using lubricating eye drops can also help reduce discomfort.



# Will my night vision improve after cataract surgery?

It's normal for patients to experience some difficulties with night vision right after surgery, such as halos, glare, or difficulty with depth perception, particularly with **roultifocal lenses**. These symptoms usually improve over time, typically within **3-6** months. If you had a monofocal lens implanted, your night vision may improve faster, but if nighttime driving is important to you, be sure to discuss this with Dr. Tinoosh.

# 8. How long will it take for me to fully adapt to my new lens?

Adaptation time varies depending on the lens type and your individual healing process. For **monofocal lenses**, most patients fully adapt within a few weeks. However, **multifocal lenses** can take a little longer to adjust to, particularly if you are experiencing glare or halos. It's important to give your eyes time to adjust, and if you're having persistent issues, talk to Dr. Tinoosh for further evaluation.

# 9. Will I need more eye surgeries in the future?

Most patients do not require additional surgeries after cataract surgery. However, some may develop a condition called **posterior capsule opacification (PCO)**, which causes a cloudy film behind the new lens. If this happens, a quick and painless **YAG laser procedure** can restore clear vision. About **20% to 30% of patients** may need this laser treatment months or years after their initial surgery.

#### 10. What can I do to speed up the recovery process?

To speed up recovery, it's important to follow the post-op instructions closely. Use your prescribed eye drops as directed, wear your protective eye shield at night, avoid rubbing or pressing on your eye, and take breaks from activities that strain your eyes, like reading or using a computer. Ensure you're also attending your follow-up appointments so Dr. Tinoosh can monitor your progress.

### 11. Will my vision continue to improve after the first month?

Yes, many patients notice continued improvements in their vision for up to 6 months post-surgery. Your brain will need time to adjust to the new way of seeing, especially if you've chosen a multifocal or monovision lens. Be patient with the process, and if you have any concerns, share them during your follow-up visits.