

Redding Eye Doctors Share Cataract Surgery Recovery Tips

Dr. Michael Sumsion and Dr. Sean Sumsion offer guidance on what patients can do to support a safe and successful recovery after cataract surgery.

REDDING, CA, UNITED STATES, August 20, 2026 /EINPresswire.com/ -- One of the most common eye conditions is [cataracts](#), a gradual clouding of the eye's natural lens that interferes with clear vision. As a result, [cataract surgery](#) is one of the most frequently performed eye procedures, helping many people regain sharper eyesight and an improved quality of life. While this procedure itself is typically quick and minimally invasive, proper recovery plays a crucial role in achieving optimal visual outcomes.

Redding ophthalmologists Dr. Michael

Sumsion and Dr. Sean Sumsion emphasize that understanding what to expect after cataract surgery—and how to care for the eyes during healing—can help patients feel more confident and prepared throughout the recovery process.



One of the most important steps during cataract surgery recovery is protecting the eyes from environmental irritants. Following surgery, the eye is more sensitive to dust, wind, and bright sunlight, which can cause discomfort or interfere with healing. Patients are often advised to wear protective eyewear or sunglasses when outdoors, especially on windy days or in bright conditions. Sunglasses can not only shield the eyes from ultraviolet (UV) rays but can also reduce glare and light sensitivity, which are common in the early stages of recovery. Avoiding dusty or smoky environments whenever possible may further help reduce irritation and support a smoother healing experience.

Rest is another key component of cataract surgery recovery. Although patients often notice

improved vision within a few days, the eyes still need time to heal fully. Dr. Michael Sumsion and Dr. Sean Sumsion recommend prioritizing rest, particularly during the first week after surgery. Activities such as reading, watching television, or using digital screens should be done in moderation, with frequent breaks to prevent eye strain. In addition, patients are typically advised to avoid heavy lifting, bending, or strenuous physical activity for the first few weeks, as these actions can increase pressure inside the eye and potentially disrupt the healing process. Light activities, such as walking, are usually acceptable, but it is important to follow individualized guidance from an eye care provider.

Following post-operative instructions closely is essential for a successful recovery. The [Redding eye doctors](#) note that after cataract surgery, patients are commonly prescribed medicated eye drops to help prevent infection, reduce inflammation, and promote healing. Using these drops exactly as directed, both in dosage and timing, can significantly reduce the risk of complications. Patients should also avoid rubbing or pressing on the eye, even if mild itching or discomfort occurs. Eye shields or protective coverings may be recommended during sleep to prevent accidental contact with the eye. If any unusual symptoms arise, such as increasing pain, redness, or sudden changes in vision, patients should contact their eye doctor promptly.

Finally, attending all scheduled follow-up appointments is a vital part of the recovery process. These visits allow eye doctors to monitor healing, check visual progress, and ensure that the eye is responding well to treatment. Follow-up care also provides an opportunity to adjust medications if needed and to address any concerns or questions patients may have. Cataract surgery recovery is a gradual process, and regular check-ins help ensure that healing stays on track. By protecting the eyes, allowing time for rest, following post-operative instructions, and keeping follow-up appointments, patients can support a safe recovery and enjoy the long-term benefits of clearer vision.

About Michael Sumsion, MD

Dr. Michael Sumsion is a board-certified ophthalmologist with decades of experience providing comprehensive and advanced eye care. He earned his medical degree from the University of Utah and completed his ophthalmology residency at the Mayo Clinic. Dr. Sumsion specializes in cataract surgery and LASIK, while also diagnosing and treating a wide range of eye conditions. He is a member of numerous professional organizations, including the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgery, the California Academy of Eye Physicians and Surgeons, and the American Medical Association.

About Sean Sumsion, MD

Dr. Sean Sumsion is a board-certified ophthalmologist with a robust background in clinical education and research. He previously served as a Resident Physician and Associate Clinical Professor at the University of Texas Health Science Center, where he authored and contributed to peer-reviewed articles focused on ocular health. In recognition of his dedication to patient care and education, he received the institution's Resident of the Year Award in 2016. Dr. Sumsion has also participated in a pediatric ophthalmology medical mission trip to Honduras, reflecting

his commitment to global eye care.

Dr. Michael Sumsion and Dr. Sean Sumsion are available for interview upon request.

For more information about Dr. Michael Sumsion, Dr. Sean Sumsion, or Riverside EyeCare Professionals, please visit recp-eyemd.com.

To view the original source of this release, click here: <https://www.recp-eyemd.com/practice-news/redding-eye-doctors-share-cataract-surgery-recovery-tips/>

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