



## **POST OPERATIVE CATARACT SURGERY**

NAME: .....

### **General**

As with any operations, post operative complications are possible. To avoid problems please take care to understand and follow this post operative advice.

### **Day of Surgery**

If a pad or shield or both have been placed on your eye, please leave this on for the first night. Secure the shield into place with two or three strips of tape. Wear your normal prescription glasses or sunglasses during the day.  
Avoid rubbing the eye for one week.

### **Pain**

Use your normal analgesia for any post operative discomfort; eg panadol or panadeine.

### **Hygiene**

Your eye may be crusty in the mornings and/or at other times of the day. Clean your eye in the following way;

- Wash your hands with soap and dry them
- Moisten clean tissue or gauze with previously boiled, and now cooled water.
- Gently cleanse the lid and lid margins, discarding the tissue with each wipe. Do not press on the eye itself, but use a gentle pull on the lids to get them unstuck and open. Wipe from the corner out.
- Do this morning and evening or more often if required

### **Drops**

You will be prescribed some drops (usually one bottle but in some cases two) to be used after surgery.

..... times per day      For .....

### **Activities**

Normal daily activities may be resumed almost immediately, but avoid strenuous activities for about a month.

- Do not rub the eye.
- You may wear your glasses.
- No driving for 1 days.
- No swimming for 2 weeks.
- No eye make-up for a week.
- You can read and watch TV.
- Sports (eg bowls or golf) can be returned to after a week.

**Report immediately any of the following symptoms:**

- Increased redness
- Excessive discharge
- Pain not relieved by Panadol/Panadeine
- Decreased or failing vision of operated eye

If you have any problems with pain, decrease in vision or excessive discharge or excessive bleeding, please call the **rooms 8353 6768** during office hours.

Your appointments are as follows

**Date .....**      **at.....am/pm**

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