

INSTRUCTIONS FOR PATIENTS RECOVERING FROM CATARACT SURGERY

FOLLOW THESE INSTRUCTIONS ONLY

These instructions are intended for my patients only; other surgeons may give different instructions because the techniques they follow are different.

PLEASE NOTE: All the other material has been given to you ONLY for general information.

AFTER SURGERY

Keep the eye pad on until tomorrow morning. In the morning remove the eye pad and shield then commence post operative medications. Rest quietly for the first 24 hours after your operation. You may experience some discomfort around the eye but Panadol or Panadiene should be enough to settle it.

You may do most things normally such as reading or watching TV but do not do anything that may cause pain in your eye or that may risk causing a direct injury to your eye. Dark glasses should relieve any glare that you may experience.

You may experience tearing and irritation for a couple of weeks. If your old glasses help the operated eye to see better, continue to wear them. When your eye has healed, which usually takes 3 or 4 weeks, you will be able to have your glasses changed. You may find your distance vision is good without glasses but you will need glasses for reading.

POST OPERATIVE MEDICATIONS

A drop of **MAXIDEX** and a drop of **CHLORSIG** should be placed in the operated eye FOUR times a day.. Please bring these drops with you to your follow up appointment.

IMPORTANT PRECAUTIONS

- DO NOT RUB OR PRESS YOUR EYE
- DO NOT DRIVE until your doctor gives you permission
- Your eye should continue to improve day by day, but if
 1. Your eye becomes increasingly painful
 2. Your eye becomes increasingly red or the eyelids swell and you have increasing discharge
 3. Your vision deteriorates

CONTACT YOUR SPECIALIST IMMEDIATELY. DO NOT WAIT FOR YOUR NEXT APPOINTMENT.

HOW TO INSTILL YOUR EYE DROPS

- Shake the bottle of drops
- Tilt your head back slightly or lie down
- Place a finger on your lower lid and gently pull down until a pocket is formed between the eyeball and the lid
- Put a drop into this pocket
- Close the eye for 2 minutes
- If you miss with a drop put in a second or third until you feel happy
- Wait five (5) minutes between the two different drops

HOW TO CLEAN YOUR EYE

If necessary you may clean your eye with a cotton wool swab moistened with boiled water that has been allowed to cool. Do not add anything to the water.

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