

## Cataract Surgery - Post Op Instructions

At the end of the operation, some antibiotic is injected into your eye by the surgeon. An eye pad is then applied and stays on untouched, until the first dressing appointment the next day. The doctor or orthoptist will remove this for you then. Mild discomfort may occur in the hours after surgery and this is usually relieved with simple analgesics such as Panadol or Panadeine.

### 1 Eyedrops

You will have received, or been instructed to purchase, two types of post-op eye drops. Please bring these to your first post-op appointment. One drop is an antibiotic and one is a steroid. These combine to reduce the chance of infection and inflammation. **Each drop is to be instilled 4 times a day in the operated eye**, usually 4-5 hours apart. It doesn't matter which drop is instilled first, but we would suggest you instill the same drop in first each time to avoid confusion. **Allow 5 minutes in between each eyedrop.**

These drops are to be continued until your doctor instructs you to stop.

### 2. General Care

Avoid trauma to the eye. You may walk, shop, play golf, bowls and watch television. You may read but may require +2.00 or +2.50 magnifiers to aid this. Avoid heavy lifting and strenuous activity. Avoid swimming in the first post operative weeks. You may shower and wash your hair normally. Driving is not recommended in the first week after surgery unless cleared by your surgeon.

If your eye is a little sticky, it may be gently bathed with a solution of 1/2 teaspoon of salt in 1/2 cup of boiled then cooled water.

### 3 Eye Protection

You may need to wear your regular distance glasses or sunglasses for the first few weeks after the surgery. If your refraction has been altered significantly by the new intraocular lens, you may need to arrange for your existing spectacle lens to be removed until the refraction is stabilised.

The eye may be red and a little uncomfortable in the first few days after surgery. This is not a cause for worry, **however if the pain increases, or if the vision worsens, please contact the clinic on 94996085.**

A second post-op appointment will be scheduled 1-3 weeks after surgery, where we will test your refraction and suggest suitable glasses. You may have a dilating drop instilled in the operated eye at this visit. This is so the surgeon can assess the healing of the eye and the stability of the intraocular lens.