

**CARE POST CATARACT SURGERY**

The eye surgery performed on you has been very delicate. It is important to follow the directions listed below until your doctor reviews you. This is to complete the healing process.

**DRESSINGS**

The eye pad will be taken off by staff at your review today.

**EYE SHIELD** is to be worn for the first 7 days whilst sleeping, this will be provided to you after your Cataract operation.

**EYE DROPS**

* Shake bottle before use.
* Put one (1) drop in, wait 2 minutes, then put the other drop in.

**Commence BOTH bottles of eye drops the day of your surgery as follows:**

**Ofloxacin:** 1 drop, 4 times a day for 1 week only, **then stop.**

**Prednefrin Forte:** 1 drop, 4 times a day for 2 weeks, **then** 1 drop twice a day for 2 weeks, **then stop.**

Shake bottles before use. It does not matter which type of drop is used first. Do not touch the tip of the bottle or allow it to touch the eye to prevent contamination. **Keep drops refrigerated.**

**DAILY CARE:**

If there is any discharge, wipe the margin of the lids with a clean tissue or cotton ball moistened with warm, boiled water. Discard after each wipe. **It is important to NOT rub the eye or put pressure on it.**

**GENERAL CARE:**

* **REDUCE** lifting or straining activity.
* You are allowed to bend over to pick something up or tie your shoe laces.
* Gardening and gentle sporting activity is allowed as long as there is no risk of contamination of the eye surface by soil etc., or being hit on the eye.
* Wear glasses or sunglasses when outside for the first 10 days, longer if desired.
* You may eat normally.
* Some discomfort may be felt. You may take Panadol or Panadeine, but keeping both eyes shut will provide good relief and encourage healing.
* Keep water out of the eye for 4 weeks following the operation. If showering, close the eyes and face **away** from the shower head.
* Keep out of swimming pools and spas for 6 weeks.

**REASONS TO SEEK ASSISTANCE**

The operated eye is expected to make a steady recovery with redness, swelling, pain and vision improving daily. If at any time the course of recovery deteriorates, (if the eye gets red, swollen or painful, or if your vision gets more blurry than the previous day), please ring the clinic and arrange a consultation with Dr. Lee as soon as possible.

**VISION AND GLASSES**

* Your vision will be blurred the first day after surgery.
* You can use your old glasses until you get new ones. This will not hurt your eye. However, if you feel unbalanced the optician can take out the lens from your spectacles.
* It is not recommended to have a proper sight test at your Optometrist for at least 6 weeks after surgery as it takes time for the eye to heal.
* You will not damage your eye by reading or watching TV.

**DRIVING**

No driving for at least two weeks unless South West Eye Surgery staff/doctors or your Optometrist otherwise specifies.

**EMERGENCY PHONE NUMBERS**

**South West Eye Surgery.......................................... 5562 4488**

**South West Health Care........................................... 5563 1666**

**Royal Victorian Eye & Ear Hospital......................... 9929 8666**

**COMMONLY ASKED QUESTIONS**

* You **CAN** wear your old glasses**.** If they cause problems with balance, havethe optician remove your old lens or do not wear them.
* You **MAY** read with your old glasses in the interim.
* **NO** driving for two weeks unless South West Eye Surgery staff/doctors or your Optometrist specifies otherwise.
* **NO**  gardening, golf, etc. for 4 weeks.
* **NO** swimming for 6 weeks.
* You **CAN** watch TV.