

# Instructions for Patients Following Adult Eye Surgery

## You should immediately contact your doctor if:

- You experience severe pain
- Your vision deteriorates
- The redness of your eye increases
- You have discharge from your eye.

If you have any queries or concerns regarding any of the information provided below, please contact your surgeon's consulting rooms. Specifically, in relation to restrictions affecting activities of daily living (showering, washing hair) and strenuous physical activities (swimming, lifting heavy weights, gardening).

## Medications

Collect your prescribed medications from the pharmacy after discharge. Follow the instructions given to you by your doctor.

**If you are to use drops four times daily:** before breakfast, before lunch, before dinner and before bed.

## After your surgery

- No strenuous activity or exercise until you have seen your doctor
- Paracetamol (Panadol, Panamax or Dymadon), or medication prescribed by doctor, should be taken if you have discomfort or pain in the eye
- Due to the possible effects of the anaesthetic, a responsible adult will be required to drive you home and for twenty-four (24) hours you should not drive a motor vehicle, use any moving machinery or sign legal documents.

## Instillation of eye drops/ointment

Please wash your hands well with soap and water before instilling your eye drops. To instill the eye drops:

- Look up and gently pull down the lower lid with your finger and rest your other fingers on the cheek bone
- Tilt your head back and look up
- Gently squeeze the bottle and instill one drop. Do not touch the eye with the bottle
- Remove your finger and gently close the eye for one minute
- Gently wipe away any excess drops with a clean tissue and then discard tissue.

If you use ointment and drops, use the eye drops first, then the ointment. If you have more than one drop due at the same time, wait 5 minutes before instilling the next drop. Recap the bottle and store in a cool dry place.