

## Instructions for Patients Following Cataract/Intraocular Surgery

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).

### After your surgery

- Ensure you are resting until your post-operative appointment with your doctor
- Be cautious and avoid activity as you will be at a higher risk of falling due to anaesthetic and aids protecting your eye
- 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

Please wash your hands well with soap and water before instilling your eye drops. We have suggested one way of instilling your eye drops as below. If your surgeon has provided you with another way, please follow the instructions given to you by them.

- 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 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.