



## **CATARACT DISCHARGE INFORMATION**

### **Advice For The First 24 Hours**

*👁️ The first 24 hours: it is our policy that you have a Carer with you in attendance.*

*👁️ Attend your Post Op appointment as arranged by your Doctor.*

*👁️ Please have someone accompany you to your Post Op appointment and bring your eye drops & sunglasses.*

*👁️ As you have had sedation **DO NOT:***

- Drive a car
- Make important decisions
- Drink alcohol
- Use machinery
- Travel alone
- Lift heavy objects

### **Operated Eye**

*👁️ Please keep the dressing dry and intact until tomorrow unless your Doctor has given you other instructions*

*👁️ Please ensure your eye is closed under the dressing. Try not to sleep on the operated side.*

### **Following your Surgery**

*👁️ You may experience some discomfort (grittiness, and or a mild dull ache),*

*👁️ During the healing process you may experience an itchy sensation;*

*👁️ Please resist from rubbing or scratching your eye*



### **Information about mobilization**

- ☞ Be Careful on steps and loose mats or reaching for hot liquids as your operated eye is covered and your depth perception is impaired.

### **For Pain**

- ☞ Panadeine, Panadol or Panamax – As per package instructions.
- ☞ If pain is not relieved by Panadeine or Panadol and pain *persists*:

**PLEASE CONTACT YOUR DOCTOR**

### **Protecting Your Eye**

- ☞ Avoid bumping, **RUBBING** or applying pressure to the eye.
- ☞ Avoid strenuous exercise & heavy lifting.
- ☞ Ladies, avoid wearing loose powder and eye make-up until instructed by your Doctor.
- ☞ If instructed wear the plastic shield for sleeping and showering.

### **Caring For Your Eye**

- ☞ You may cleanse the lids and lashes gently with a clean tissue and/ or with cooled boiled water as per your Doctors instructions.
- ☞ Applying your drops correctly will aid your recovery and can help prevent complications. Wash your hands before instilling eye-drops
- ☞ Wear glasses or sunglasses when outdoors if you wish.
- ☞ Be aware that your vision in the operated eye will have changed so take extra care moving about, especially on stairs.



- ✍️ Avoid having any loose or slippery mats around your house.
- ✍️ If ointment is required necessary instructions will be issued.
- ✍️ Protect your eye whilst washing your face and hair.
- ✍️ You can read and watch TV.
- ✍️ Return to normal recreational activities as per your Doctors instructions e.g.  
gardening
- ✍️ Do not go swimming without your doctor's approval