

# POST OPERATIVE INSTRUCTIONS

CATARACT SURGERY



CANBERRA  
MICROSURGERY

## POST OPERATIVE INSTRUCTIONS

There are very few restrictions following cataract surgery and you should be able to resume normal activities almost immediately.

As with any operation, post operative complications are possible, though rare. To avoid problems, please take care to understand and follow these post operative instructions.

## POST-OPERATIVE VISITS

Normally, we check at one day, one week and one month. Glasses can be changed when your vision has stabilised, usually after one month.

## THE DAY OF YOUR SURGERY

You will be given a prescription for drops, which needs to be filled, and the drops brought with you on your first post-operative visit.

If a pad or shield has been placed on your eye, please leave this on unless the eye is painful. If necessary, our staff will remove this for you.

Use your normal analgesic e.g. Panadol or Panadeine for post-op discomfort.

## THE DAY FOLLOWING SURGERY

Please bring the drops with you on the first post operative visit.

It is very important that the drops are put in correctly following cataract surgery.

At first, it is best to have the drops put in by someone else, such as a friend, relative or community nurse. The drops are used daily, with decreasing frequency, for about four weeks following surgery.

The order of drops is not important, but try to establish a routine, e.g. the milky drop first. **It is important to separate the drops by about 3-5 minutes so that the second drop does not wash out the first.**

	Week 1	Week 2	Week 3	Week 4
PRED FORTE	8am 2 pm 6 pm 10 pm	8am 2pm 8pm	8 am 8 pm	8am
ACULAR (IF PRESCRIBED)	8am 2 pm 6 pm 10 pm	8am 2pm 8pm	8 am 8 pm	8am
CHLORSIG	8am 2pm 8pm	Stop	Nil	Nil

If you are routinely using any **other eye drops**, e.g. for glaucoma, ask about continuing these when you visit for check ups. If in doubt, continue.

### How to apply the drops properly:

1. Tilt the head back (i.e. lift chin up)
2. Pull the lower lid down to form a small pocket. Avoid touching the top lid.
3. Let a drop fall into the middle of the lower lid without touching the bottle to the eye or lid.

4. Close the eyes gently for 1–2 minutes, then blink.
5. Gently wipe away any unabsorbed drops and tears before you open your eyes. Do not rub the eye.
6. Repeat with the second bottle of drops, 5–10 minutes later.

#### **What to expect:**

It is not uncommon for some grittiness to be felt in the eye in the post-operative period, this will settle in time.

You can **drive** as soon as you feel visually comfortable. Be aware that distance judgement is often greatly changed and has to be relearned over many weeks. Please confirm your decision to drive with your surgeon.

It is advisable to wear **your normal glasses** or sunglasses during the day to protect your eye and please avoid any activity that may cause you to bump, rub or press on your eye.

**Shower and wash** your face and hair as you normally would. Avoid splashing water or soap directly into the eye. To dry, pat gently around the eye.

Some people experience double vision for a short time following surgery. This will usually resolve in the first 24 hours.

**Normal daily activities**, including sex, may be resumed almost immediately but avoid strenuous activities for about a month. Remember to resume any medications ceased prior to surgery. Simply be sensible.



## **LONG TERM CARE**

Do not be disappointed if you do not see well immediately after your operation. Vision may take weeks to stabilise.

Some people will need to wear glasses for distance and most will need reading glasses after cataract surgery.

It is important to remember that cataract surgery will not correct poor vision caused by other eye problems such as macular degeneration (ageing of the back of the eye), glaucoma and diabetic changes.

Infection, bleeding and detachment of the retina are some of the more serious complications. Rarely, blurred central vision, Cystoid Macular Oedema (CME), may develop, even in routine cases, up to some weeks following surgery. Whereas most CME resolves, macular hole formation may permanently reduce reading vision.

**It is important to contact our staff without delay if you experience any of the following:**

1. **Pain** not relieved by normal analgesics.
2. **Sudden change in vision** including blurring, cobwebs, flashing lights or dark clouds.
3. **Nausea**, vomiting or excessive coughing.
4. **Injury** to the eye.



## **POSTERIOR CAPSULE OPACIFICATION AND THE YAG LASER**

Vision may slowly blur some months or years after cataract removal in about two thirds of cases. This is due to clouding of the capsule or membrane, which supports the implant lens (IOL). A YAG laser treatment can correct this. It is short and painless, not requiring an anaesthetic or theatre visit.

Remember our staff are here to help and to answer your questions. Do not hesitate to call us on 02 6249 6000.

#### AFTER HOURS CONTACTS

Dr Iain Dunlop	0418 448 718
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Dr Martin Duncan	0413 131 455
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Dr Gagan Khannah	0416 053 352
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Dr Christiane Lawin-Brussel	0434 485 465
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ph 02 6217 5000

fax 02 6260 4593

16 Wilbow Street Phillip ACT 2606

PO Box 364 Woden ACT 2606

[www.canberramicrosurgery.com.au](http://www.canberramicrosurgery.com.au)