

## **Advice Following Cataract Surgery**

Richard Sheard

### **What to expect**

You should notice an improvement in your sight almost straight away. The eye may feel gritty, uncomfortable and sensitive to light, but this should rapidly settle over the next few days. The operation is not normally particularly painful, and simple painkillers such as paracetamol or ibuprofen are usually effective if required. If you have pain that is worse than this, particularly a severe ache in the eye, please contact me immediately.

### **Using your eye and spectacles**

It is OK to use the eye as normal, although your existing spectacles may not help the eyesight. It is your choice whether to wear your glasses or not; it will not harm your eye either way. You should not update your spectacles until 4 to 6 weeks after the operation, but if you are having difficulty with your old glasses your optometrist may be able to advise about a temporary pair in the meantime.

### **Eye care**

You may have some sticky or blood-stained discharge from the eye initially, and overnight the eyelashes may become stuck together. If you need to bathe your eye, use clean tissues moistened with cooled, boiled water and gently soften and wipe away any discharge. Wipe from the inner to outer corner of the eye, taking care not to press on or touch the eyeball.

Please do not rub your eye. Avoid getting anything, especially water, in the eye (apart from your eye drops, of course!) For the next six weeks be careful in the bath or shower and when washing your hair, and please refrain from swimming. You should also avoid wearing a contact lens in the operated eye for the same period.

## Post-operative Eye Drops Instructions

1. Start using the drops on the same day as the operation
2. Use each of the drops in the operated eye **four** times a day:

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Bedtime</b>
<b>TOBREX</b> (antibiotic)	✓	✓	✓	✓
<b>MAXIDEX</b> (anti-inflammatory)	✓	✓	✓	✓
<b>ACULAR</b> (anti-inflammatory)	✓	✓	✓	✓

3. Wash your hands before and after you put the drops in
4. Shake the bottle before using the drop
5. Wait 1-2 minutes between putting in one drop and the next
6. Gently wipe your eye with a clean tissue if necessary, but do not press on the eye
7. After one week stop the TOBREX and reduce the MAXIDEX and ACULAR to twice a day
8. Continue your drops until your next clinic appointment
9. Please bring all of the drops with you to your next clinic appointment

## Contact numbers

Please do not hesitate to contact me if you have any questions or concerns. Call me immediately if you experience increasing pain, tenderness, redness or swelling of the eye or eyelids, or if your vision gets worse.

**Richard Sheard:** 0474 361 939  
**Derwent Eye Specialists:** 1300 337 968  
**Royal Hobart Hospital:** 03 6222 8308