



Ophthalmic Physicians and Surgeons

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Dr Sunil Warriar Cataract Surgery - Post – operative Instructions

IMPORTANT

- Avoid heavy rubbing or any bumping of the eye for the first month after surgery.
- Avoid sustained bending or lifting of heavy objects.
- You should not experience any pain beyond some mild irritation of discomfort.
- If you do feel pain contact Dr Warriar's surgery immediately.
- Panadol or Panamax should be all that is necessary to ease your discomfort.

EYE DROPS

- You have **three** bottles of eye drops to use, CHLORSIG, ACULAR and PREDNEFRIN FORTE (this one must be shaken well prior to use)

The first four weeks: / / /

- Instil **ONE** drop from each bottle into the operated eye **4 times a day**.
- Easy times to remember are at breakfast, lunch, dinner and prior to going to bed.
- The order of the drops is not important.
- After instilling the drop, gently close your eye for 30 seconds and wait at least 2 minutes before using the the next drop (remembering to shake it first).

HYGIENE

- Without putting excessive pressure on the eyeballs, clean eyelashes daily by rubbing gently with fingertips while showering.
- Avoid soap or shampoo in the eye
- No eye makeup for 1 week
- Wear the eye shield at night for the first 1 week.

ACTIVITIES

- **DO NOT DRIVE** until instructed by Doctor.
- No Swimming for 1 month.
- You can return to your normal activities (eg bowls) without concern.

GLASSES

- You may use your current glasses until you visit your Optometrist in four weeks.
- If you normally wear dark glasses, continue to do so if you wish.

FOLLOW UP

- If your eye becomes more red, more uncomfortable, painful or the vision becomes worse, please contact Dr Warriar for a check immediately.

Business Hours: 07 3831 0101

PRACTICING IN ASSOCIATION

DR ALBERT ARALAR MB BS FRANZCO
DR GUY D'MELLOW MB BS(Hons) FRANZCO FRACS
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