



**DR LINDSAY MCGRATH**  
**Cataract Post-Op Instructions**

**Post-Operative Review Appointment Details:**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Location:** \_\_\_\_\_

**IMPORTANT AFTER CARE INFORMATION:**

- Avoid heavy rubbing or any bumping of the eye for the first month after surgery.
- You may experience double vision within the first 12 hours following surgery.
- Avoid sustained bending or lifting of heavy objects.
- You should not experience any pain beyond some mild irritation or discomfort.

***If you do feel pain contact Dr McGrath's Rooms immediately!***

- Panadol or Panamax should be all that is necessary to ease your discomfort.

**EYE DROPS**

You have **TWO (2)** bottles of eye drops to use:

**CHLORSIG**

And

**PREDNEFRIN FORTE** (*shake bottle well prior to use!*)

**ON THE DAY OF SURGERY**

Start your eye drops after surgery when you arrive home

(use the **CHLORSIG** first then the **PREDNEFRIN FORTE** remembering to shake well)

**Use both eye drops every \_\_\_\_\_ hours until bedtime.**

**THE DAY AFTER SURGERY**

**The first TWO (2) weeks following surgery:**

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.

Use the **CHLORSIG** first, & after instilling the drop, gently close your eye for a few seconds & wait at least 2 minutes before using the **PREDNEFRIN FORTE**

**Week THREE (3) and Week FOUR (4) following surgery:**

**STOP** using **CHLORSIG**

Continue to use the **PREDNEFRIN FORTE** 2 x per day for a further **TWO** (2) weeks.

**PARACETAMOL**

Next dose of paracetamol should not be taken before \_\_\_\_\_

**HYGIENE**

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 only if directed by the Doctor.

**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, if you find them useful until you visit your Optometrist in FOUR (4) weeks

**FOLLOW UP**

If your eye becomes more red, increasingly uncomfortable / painful or your vision has worsened, please contact Dr McGrath for a check immediately.