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CATARACT POST-OPERATIVE INSTRUCTIONS

EYE-DROP MEDICATION & SCHEDULE

You have **TWO (2)** eye-drops to use: **OCUFLOX** (antibiotic) and **MAXIDEX** (steroid. Remember to shake bottle prior to use).

O = Ocuflox, M = Maxidex

- Week ONE (1), and TWO (2) following surgery:

Instill **1 drop** of each bottle into the operated eye **4 times a day**: Easy times to remember is at breakfast, lunch, dinner, and prior to bed-time. After instilling Ocuflox first, gently close your eyes for a few seconds and wait at least 2 minutes before instilling Maxidex. **You MUST start your eye-drop regime on DAY 1 (day of surgery).**

WEEK 1	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
	O	M	O	M	O	M	O	M	O	M	O	M	O	M
BREAKFAST														
LUNCH														
EVENING														
BEDTIME														

WEEK 2	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
	O	M	O	M	O	M	O	M	O	M	O	M	O	M
BREAKFAST														
LUNCH														
EVENING														
BEDTIME														

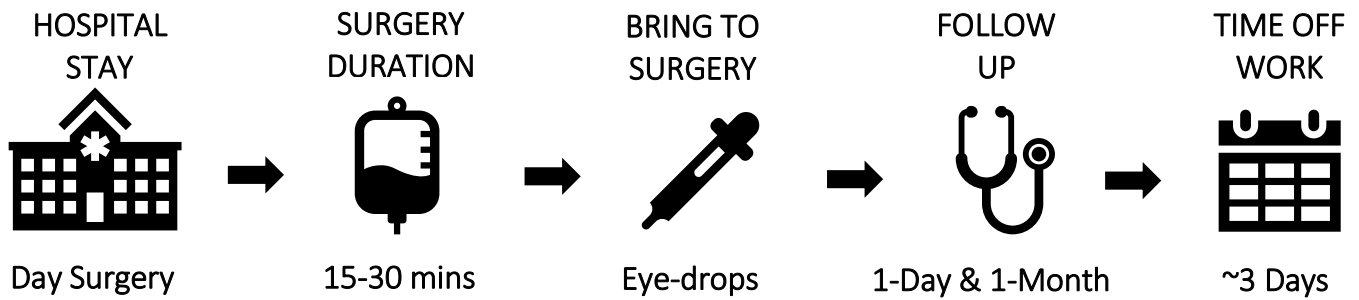
- Weeks THREE (3), and FOUR (4) following surgery:

STOP using the Ocuflox drops.

Continue to use 1 drop of Maxidex into the operated eye **2 times a day** for a further TWO (2) weeks.

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	M	M	M	M	M	M	M
BREAKFAST							
BEDTIME							

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	M	M	M	M	M	M	M
BREAKFAST							
BEDTIME							



THINGS TO KEEP IN MIND

The following is a guide of what is safe, and not safe to do after the *first month of surgery, unless advised otherwise:*

1. Medication	ENSURE to use your prescribed eye-drops as directed by Dr Glasson, for the duration advised.
2. Eye Hygiene	<ul style="list-style-type: none"> Without putting excessive pressure on the eyes, gently clean eyelids/lashes daily to avoid buildup of debris. AVOID soap or shampoo into the eye. Leave the eye-shield in place for the first night after surgery.
3. Make-up	AVOID make-up for 1 week following surgery.
4. Returning to Activities	<ul style="list-style-type: none"> Continue to read, watch TV, walking, light exercise, and light routine daily activities without concern AVOID touching, rubbing, or any bumping of the eye AVOID sustained bending, strenuous activity, or lifting of heavy objects AVOID swimming AVOID any sport where your eye might be knocked AVOID sleeping on the side of your operated eye for 1 week
5. Driving	DO NOT drive until instructed by Dr Glasson.
6. New glasses	Wait till after your 1-month post-op appointment before visiting your optometrist for new glasses.

IMPORTANT

You should NOT experience any pain beyond some mild irritation or discomfort. Panadol or Panamax should be all that is necessary to ease your symptoms.

Contact Dr Glasson to make an appointment immediately if you experience:

- Severe onset of pain or headache
- Sudden change in vision
- Increase in redness or discharge
- Sudden onset of new flashes of light, black spots/floaters, or an immovable veil/shadow

It is imperative you attend all your post-operative appointments with Dr Glasson following your operation. These appointments will either be at the Terrace Eye Centre, or the Oxford Eye Centre: both 1-day, and 1-month following your operation.

The exact date and time for your post-operative appointments will be allocated by Dr Glasson's secretary.