



Dr William Glasson

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CATARACT PRE & POST-OPERATIVE INSTRUCTIONS

EYE-DROP MEDICATION & SCHEDULE

You have THREE (3) eye-drops to use: Acular (NSAID), OCUFLOX (antibiotic) and MAXIDEX (steroid. Remember to shake bottle prior to use).

A = Acular, O = Ocuflox, M = Maxidex, Greyed out boxes = do not use drops at these times

Instill 1 drop of Acular & Maxidex into the eye that will be operated on: 3 times a day, starting 3 days prior to cataract surgery.

BEFORE	3	DAYS PRIOR			2 DAY PRIOR		1 DAY PRIOR				
SURGERY	Α	0	М	Α	О	М	Α	О	М		
BREAKFAST											
LUNCH											
EVENING											
BEDTIME											

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

Continue Acular at 3 times a day.

Instill <u>1 drop</u> of <u>Ocuflox & Maxidex</u> into the operated eye <u>4 times a day</u>: 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 between the 3 eye-drops. *You MUST start your eye-drop regime on DAY 1 (day of surgery)*.

DAY 1		l	DAY 2			DAY 3			DAY 4			DAY 5			DAY 6			DAY 7			
WEEK 1	Α	0	Μ	Α	0	Μ	Α	0	Ζ	Α	0	М	Α	0	М	Α	0	М	Α	0	М
BREAKFAST																					
LUNCH																					
EVENING																					
BEDTIME																					

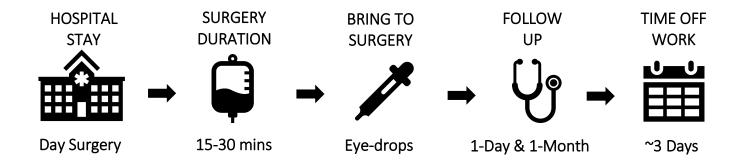
WEEK 2	DAY 1		DAY 2		DAY 3		DAY 4			DAY 5			DAY 6			DAY 7					
VVEENZ	Α	0	М	Α	0	М	Α	0	Σ	Α	0	М	Α	0	М	Α	0	М	Α	0	М
BREAKFAST																					
LUNCH																					
EVENING																					
BEDTIME																					

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

STOP using the Ocuflox drops, and continue <u>Acular at 3 times a day</u>. Reduce <u>Maxidex to 1 drop, twice a day</u>, for a further TWO (2) weeks. Then STOP all drops.

WEEK 3	DAY 1		DAY 1 DAY 2		DA	Υ 3	DA	Y 4	DA	Y 5	DA	Y 6	DAY 7	
WEEK 3	Α	М	Α	М	Α	М	Α	М	Α	М	Α	М	Α	М
BREAKFAST														
LUNCH														
BEDTIME														

WEEK 4	DAY 1		DAY 2		DAY 3		DA	Y 4	DA	Y 5	DAY 6		DAY 7	
VVEEN 4	Α	М	Α	М	Α	М	Α	М	Α	М	Α	М	Α	М
BREAKFAST														
LUNCH														
BEDTIME														



THINGS TO KEEP IN MIND	The following is a guide of what is safe, and not safe to do after the <i>first month of surgery, unless advised otherwise:</i>
1. Medication	ENSURE to use your prescribed eye-drops as directed by Dr Glasson, for the duration advised.
2. Eye Hygiene	 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	 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

Wait till after your 1-month post-op appt before visiting your optometrist

IMPORTANT

5. Driving

6. New glasses

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.

DO NOT drive until instructed by Dr Glasson.

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

for new glasses.

- 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.