Cataract Surgery

Post-Operative Instructions

Post-Operative Appointment Details:

Date:

Time:

Location:

Eyedrops

You have TWO different eyedrops to commence the day after your surgery:

1. **Chlorsig (chloramphenicol)** - Antibiotic

Instil 1 drop into the operated eye 4 times a day for 2 weeks (an easy way to remember to do this is during breakfast, lunch, dinner, and before you go to bed)

1. **Maxidex (dexamethasone)** - Steroid/Anti-Scarring/Anti-Inflammatory

Instil 1 drop into the operated eye 4 times a day for 4 weeks.

What is ‘Normal’ After Surgery?

The following is common and expected following surgery:

1. Foreign-body sensation and/or irritation in the eye (should improve day by day in the first week)
2. Redness (should improve day by day in the first week)
3. Some crusting around the eyelid upon waking in the morning
4. Mild swelling and drooping of the eyelid (this should improve day by day)
5. Blurred vision (this should gradually improve)
6. Double vision (this usually gradually resolves)

Do’s and Don’ts After Surgery

Do:

1. Leave the protective dressing in place for the first night after surgery
2. Use your prescribed eye medicines as directed for the duration advised
3. Read, watch TV, and carry out light daily activities
4. Avoid touching or rubbing your eye
5. Avoid strenuous activity and lifting heavy objects for 4 weeks
6. Avoid getting soap or shampoo into your eye (gently pat your eye dry and keep it out of the shower water in the first week)
7. Avoid eye make-up for 1 week or as advised
8. Contact the emergency number you have been given if you experience
* Severe eye pain or headache
* Sudden change of vision
* Increasing redness or discharge
* Sudden appearance of floaters, black spots, or flashes of light
1. Keep all follow-up appointments

Do NOT:

1. Sleep on the side of your operation for 1 week
2. Rub, touch, or knock your eye
3. Swim for 4 weeks or until you are advised that it is safe to do so
4. Take part in sport where your eye might be knocked for 4 weeks
5. Return to work until advised by your doctor if your job is physically strenuous or you are at risk of being exposed to dirt/dust in your workplace
6. Drive
	1. if you do NOT have good sight in your other eye and/or
	2. have significant pain in the operated eye and/or
	3. double-vision