DR PETER BECKINGSALE

POST OP – AFTER CARE EXPECTATIONS

CATARACT

* Recovery takes about 4 to 6 weeks after their cataract surgery procedure – vision and comfort
* However, for some people, complete cataract surgery recovery can take up to 3 months:
* It is VERY common to experience fluctuating vision and intermittent weeping eyes for up to 6 weeks and some people more so after the 6 week mark
	+ Many people report clear vision as quickly within the first week.
	+ No swimming for 2 weeks
	+ However, as the eye heals physically, you may find your vision can fluctuate slightly as the weeks pass.
	+ You should also expect to experience some dryness, or mild irritation of your eye immediately after your cataract surgery procedure. This should improve over the few weeks following your operation, though in some people it can persist for months.
* The new lenses can take up to two – six weeks to refractively adjust.

**ANY SEVERE PAIN, BLEEDING or LOSS OF VISION ring TEC immediately. If after hours for to RBWH or PAH**

CORNEAL

* Your eye may feel irritated or scratchy for a few days after surgery.
* It's important not to rub your eye. Rubbing your eye could damage it.
* Your vision may be blurry for a period of time after surgery. For some people, it may take 6 to 12 weeks to get the full benefits of surgery and to see as clearly as possible or up to 18 months for full corneal graft surgery
* You may also need to sleep on your back.
* You will also need to wear an eye shield overnight. Then you will need to wear a clear eye shield or glasses to protect your eye until it has healed.
* Rejected corneal grafts symptoms can include red inflamed eye, light sensitivity or decreased vision, so please contact your specialist or present to RBWH or PAH after hours
* No SWIMMING for PK procedures 6 months. DSAEK -1 Month

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PTERYGIUM

* Healing time after pterygium surgery depends somewhat on how much tissue was removed, your personal health and healing ability, and how well you follow the aftercare instructions.
* Typically, your eye is healed in about a month. Some people heal in less time, and it can take others a couple of months to fully return to normal.
* Stitches normally dissolve after a few days
* You will need a few weeks for your eye to return to its original colour, with no redness or yellowed tissue.
* It takes at least a month for your eye to look normal and healthy again after ptergium surgery
* Avoid excessive water sports in the first few weeks after surgery.

YAG LASER

* YAG capsulotomy for PCO is generally considered to be very low risk, and serious complications are extremely rare.
* You may feel a slight soreness if, during treatment, we stabilised your eye with a contact lens. This should pass quickly.
* A small amount of ‘floaters’ (clumps of cells in the fluid inside the eye) after the treatment is normal and harmless. These usually disappear gradually.
* Some people may experience a brief increase in intraocular (eye fluid) pressure after laser treatment for PCO. Having pre-existing conditions such as glaucoma can make this problem worse. This is because the eye pressure is already elevated.
* If this applies to you, the ophthalmologist will check your eye pressure shortly after laser treatment. We will normally prescribe medication to lower your eye pressure if it has risen.

CXL

* In the first 48-72 hours following the Corneal Cross-Linking procedure I will expect:
* • Discomfort and/or pain which can vary in severity from person to person
* • Mild sensitivity to light and/or glare
* • My eyes to feel gritty, stingy and may water excessively
* • Foreign body sensation