

## Cataract Surgery Post Operative Instructions - Dr Timothy Beckman

### Eye Drops - After Surgery:

You will be prescribed 3 different eye drops:

- Maxidex to be used 4 times per day for 2 weeks, then 2 times per day for 2 weeks
- Acular to be used 4 times per day for 2 weeks, then stop
- Chlorsig to be used 4 times a day for 1 week, then stop.
- Preservative free artificial tear drops (lubricating eye drop, e.g. hylo-forte) may also be used for dry eye symptoms as needed
- Commence eye drops on the first morning after your surgery (day 1 post-operatively)

### The First Night:

- You will need to have a family member or friend with you to take you home from day surgery
- Rest is recommended, however most people are able to watch television several hours after surgery
- You may experience mild eye irritation or discomfort
- Panadol, Panamax or Neurofen should be all that is necessary to ease any discomfort

### Hygiene:

- Always wash and dry your hands prior to instilling your eye drops
- Discharge around your eye may be wiped gently with a clean gauze square or cotton ball moistened with cooled boiled water but do not put pressure on your eye ball
- Avoid soap or shampoo in your eye
- No eye make up for 1 week

### Eye Shield:

- Leave the eye shield on overnight and remove it the following day, unless instructed otherwise by Dr Beckman. You may wash your face and take a shower after the eye shield has been removed
- The eye shield only should be worn to cover the eye whilst sleeping for the first week

### What to Expect:

- It's normal for your eye to be red and have some discharge
- The eye may be gritty and watery
- The vision may be blurred or fluctuate initially. Vision will normally begin to improve within a few days of surgery
- Complete healing takes several weeks

### Physical Activity:

- No swimming or strenuous exercise for 2 weeks following surgery
- No restrictions on reading, watching TV, walking, shopping, showering, etc

### Contact Dr Beckman immediately if you experience any of the following symptoms:

- Vision loss
- Marked increase in the redness of the eye
- Severe pain that is not relieved with the drops or over-the-counter pain medications

### Contact Numbers:

Terrace Eye Centre (M-F 8am-5pm) on (07) 3831 0101