

Cataract Surgery Post-Op Instructions

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**Your follow up
appointment will be
With**

Day

Date

Time

**87 Ipswich Rd,
Woolloongabba, 4102**

Post-op Drops

You will be given your post-op eye drops in recovery. Your drops will have been pre-prepared for you by an external pharmacy, there will be payment details in the package. It is critical that you use the drops as instructed.

Once you get home

Leave the plastic shield on your eye for 2 hours. After 2 hours take the shield off and start your drops. Do not be concerned if your vision is blurred – this is perfectly normal. YOU MAY FIND IT MORE COMFORTABLE TO HAVE YOUR SHIELD ON BUT YOU DON'T NEED TO. Once you are home you can eat and drink as you normally would. You will probably feel tired after your big day so having a rest is a good idea. You can sleep as you normally do, but wear the shield to protect your eye. It is normal for the eye to feel scratchy or irritated and to be watering. You may experience some mild discomfort as the anaesthetic wears off. You may take paracetamol for this. REMEMBER TO WEAR YOUR SHIELD IN YOUR SLEEP.

When you wake up the next day

Do not be concerned if your eye lids are a little bit stuck together, this is normal. You can use a fresh tissue that has been moistened with cooled boiled water to give your lids a gentle clean.

Follow-up appointments

You will usually be reviewed by one of our optometrists the same day as your surgery. Some people will be best to have their review the next day – we will have made this determination for you prior to your surgery. If you have a review the next day, do not drive yourself to this appointment, even if you feel that you can. Dr Cronin or one of our clinical optometrists will also see you at your 1 month follow-up appointment.

Recovery

The nurses in recovery will show you a video on what to expect during your post-operative recovery. In general

- Use the drops as instructed – including the lubricants
- Remember that you will almost definitely start to get dry eye symptoms after the surgery. It is important to recognise and treat these with the lubricants.
- It is very common to have a flickering light in your peripheral vision for a few weeks
- There is a tick box sheet at the end of this brochure to assist with remembering your drops
- There is a QR code below to a post-op instruction video

It is very common to have a flickering light in your peripheral vision for a few weeks and to notice your pre-existing floaters significantly more. Both of these phenomena settle down over time.

What do I do with my old glasses?

Once you have had both eyes operated on, your old glasses will not be of any use to you. Depending in the type of lens you have had inserted you may need new glasses after the operation. You should wait 5 weeks before getting these. As an interim measure, you can use a pair of plain reading glasses from a pharmacy (+2.00 or +3.00). **You should not use these in the long term.** The lens that has been implanted into your eye is a beautifully engineered lens designed to give you the best vision possible. Please don't limit your vision with cheap over-the-counter readers that will invariably have optical aberrations in them and often only have plastic lenses. See your optometrist for a pair of quality reading glasses.

If your glasses are reasonably strong then the period between having your first and your second eye done can be irritating. During this time, the eye you have had surgery on will be seeing well without glasses, whereas the other eye will still need glasses to see well. This large difference between the two eyes can make you feel a little unsteady on your feet. Some people remove the lens from one side of their glasses and others don't bother wearing their glasses at all. What you choose to do depends on your individual circumstances. If you did not have strong glasses before the surgery then this should not be an issue for you.

When can I drive again?

This depends on your individual circumstances but generally, as soon as your vision returns to normal and your eye is comfortable, you can return to driving. This will normally be within 1-2 days. Obviously, you must still meet all of the other legal requirements for a driving license. Regardless of your vision, you should not drive the day after your surgery.

What can I do after the surgery?

- You should wait 5 weeks after your surgery until you see your optometrist for a new pair of glasses.
- You can exercise and return to normal activity after 72 hours as long as your eye stays clean (you should not do any contact sports for 4 weeks).
- You can shower and wash your hair as you normally do, just keep your eyes closed when you put your face up to the shower. If you have never had issues getting soap or hair products in your eyes before surgery then you won't afterwards.
- You can go outside without sunglasses. You do not need to wear special dark sunglasses; however, your eye may have become accustomed to duller vision with the cataract and you may find bright lights startling for a few weeks now that you have a perfectly clear artificial lens in your eye.

What can't I do?

- No swimming for 4 weeks after surgery due to the risk of infection.
- No eye makeup for 1 week.
- No rubbing your eye for 4 weeks.
- No driving until your vision is back to normal.

Other post-operative care

You should wear the plastic shield you were given when you sleep at night for 3 days. This protects the eye from you accidentally rubbing it in your sleep.

Emergencies

In the first 2 weeks after the surgery, if you develop significant pain and/or reduced vision, then call

Business hours - 07 3239 5000

After hours - 0402 124 524

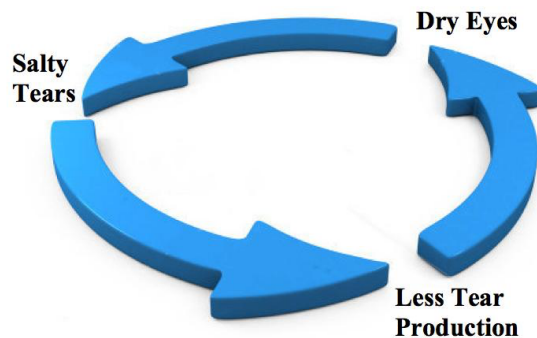
Dr Cronin tries to be available for all emergencies but in the unlikely event that he is not available, you can attend the Mater Public Hospital emergency department and they will be able to assist you.

If you accidentally rub your eye you do not have to worry unless this causes significant pain or reduced vision.

Dry Eyes

ABSOLUTELY EVERYONE gets dry eyes after cataract surgery. There are some important points to know about this.

- It is rare for your eye to actually feel “dry” because the nerves to your eye are disrupted by the surgery
- Most people notice
 - Vision that fluctuates
 - Vision that is better soon after blinking
 - Fatigued eyes or heavy eyelids that they just want to close
 - Droopy eyelids
 - Excess watering of their eyes (This is because you are making too many watery tears. You need nice balanced oily tears to actually lubricate your eyes)
- This dryness tends to last for 8-12 weeks
- The dryness tends to be worst about 3-6 weeks after the surgery.



Use your lubricating drops as instructed in the tick box sheet below and then 2-3 times per day for 2-3 months afterwards.

Poor quality and fluctuating tears give poor quality and fluctuating vision.

LUBRICATING DROPS

- **Help to dilute the salt content of your tears and restore a normal tear film again**
- **The more you use them the faster your dry eye will recover**
- **If you run out, you can buy more over the counter at a pharmacy. Some good ones include – Bion Tears, Nova tears, Hyloforte, Cationorm, Optive Fusion and Systane but there are many more. They are all a bit different. You can try a few and see which ones you prefer.**
- **Occasionally people will require more than the prescribed lubricating drops to resolve their dryness. This is more likely if you had dry eyes prior to the surgery, you are a post-menopausal female or you have a skin condition called rosacea.**

You will watch a video in recovery thoroughly covering how to care for your eye in the post-operative period. You can watch the video again and download these instructions by scanning this QR code below.



MEDICATIONS AFTER SURGERY

TREATMENT	TIMES PER DAY (one drop only)	DURATION
Ilevro (anti-inflammatory)	1	28 days
Prednefrin Forte (anti-inflammatory)	4	28 days
Artificial tear drops 	4	Use 4 times per day for 28 days then 2 - 3 x per day for 2 - 3 months. You can use the 1 bottle in both eyes (use these last)

NOTES

- 1) Some of the drops may sting. This is normal for a few days.
- 2) There must be **5 MINUTES** between drops.
- 3) If you take other eye drops such as glaucoma drops, you should still continue to use these.
- 4) You have repeats of your scripts in case you lose your original bottles

POST OPERATIVE EYE DROPS

Medications					
(Please tick off each drop as you go)					
	Prednefrin Forte				Ilevro
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
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Day 12					
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Day 28					

	Medications (Please tick off each drop as you go)			
	Artificial Tears			
Day 1				
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Day 8				
Day 9				
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