



Cataract and "Clear Lens" Extraction Surgery: After-Care Instructions

- If you have a local anaesthetic then your eye may ache for a couple of days after the surgery. The pain should be controlled with mild pain killers such as paracetamol.
- If the pain is getting worse or is not controlled with paracetamol then please contact us **urgently**, especially if the vision starts to get worse or the eye starts to become tender or red. Remember that endophthalmitis can have a rapid onset and be very severe in its outcome.
- Double vision is common for a few hours after a local anaesthetic operation and will usually be gone by the next day or so.
- You will go home with an eye shield in place. You do not need to start putting your post-op medication in to the eye until the next morning. You can secure the shield in place over your eye for the first week with clear tape or paper tape. It is there to protect your eye from accidental knocks and you should wear it in bed while sleeping.
- It is best that you have someone at home for the first week and to travel with them to and from the hospital on the day of surgery. Avoid booking flights or overseas travel for 4 weeks following the surgery in case of complications.
- Please do not use make-up and avoid dust and smoke. If you get something in your eye, wash it out with the eyedrops prescribed. Try to avoid shampoo getting in your eyes when you wash your hair.
- Avoid swimming and all contact sports for the first two weeks after surgery. Try to refrain from physical exertion (gardening, lifting heavy objects, gym) for two weeks after surgery. All normal activities can resume after that time. Most people can return to work 1-2 weeks after cataract surgery.
- If you are concerned about your ability to drive a car then it is best to wait to see the doctor at the post-op visit to discuss this matter.

Post-op Medication

Everyone will have some eye drops to use after eye surgery, during the daytime. This is to try to prevent bacterial infection and to reduce the amount of inflammation after surgery. The antibiotics can stop after 2 weeks. The steroid drops will need to continue for at least 4 weeks after surgery, sometimes longer.

Please inform the doctor if you are **allergic** to any of the following medications – an alternative will be prescribed.

If you have **dry eyes** then please let the doctor know so that eyedrops without preservatives can be prescribed.

The common medications are:

For everyone -

1. Chloramphenicol – antibiotic – use 4 times per day for 2 weeks then stop
2. Maxidex (Dexamethasone) – steroid – use 4 times per day for 4 weeks

For selected patients -

3. Acular (Ketorolac) – a non-steroidal anti-inflammatory – usually given to diabetic patients to prevent Cystoid Macular Oedema (CMO) – 4 times a day for 4 weeks
4. Diamox (acetazolamide) – for patients with glaucoma or after a complication during surgery – for 3 days to prevent an acute pressure rise in the eye.
5. Prednisolone tablets – for patients with previous eye inflammation. A short course of 20mg once a day for 2 weeks usually prevents severe post-op inflammation.

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