



CATARACT SURGERY INSTRUCTIONS

Please read these instructions carefully before surgery and again after surgery.
If you have any questions, please contact Brisbane Eye Clinic on 07 3832 1700

1. BEFORE SURGERY

- a) Take your prescriptions to the pharmacy at least 10 days prior to surgery and store your drops in the fridge. You need to start using these drops one day before surgery.
- b) Admission time – you will be phoned 1-2 days before surgery and given the time to arrive at the hospital.
- c) Do not consume alcohol for at least 24 hours prior to your admission time.
- d) **DIABETIC PATIENTS** _ If you are diabetic you must follow the protocol in your folder which gives instructions on how to manage your medications, including tablets and insulin. Please have a list of your medications ready before you call us for advice.

2. ON THE DAY OF SURGERY

- a) Use all your eye drops on the morning of surgery (including your glaucoma drops if applicable).
- b) Do not eat or drink beverages for 6 hours prior to your admission time.
- c) You may drink up to 250mL of plain tap water but not less than two hours prior to your admission time.
- d) Please take all other medications as normal including blood thinners and aspirin.
- e) **DIABETIC PATIENTS** _ Please follow the protocol in your folder which gives instructions on how to manage your medications, including tablets and insulin. Please ensure you take all diabetic medications with you to the hospital.
- f) We recommend you wear warm clothing as the hospital theatre can be cold.

3. AFTER SURGERY

- a) You **must** have a responsible adult collect you from the hospital and preferably stay with you overnight. If arrangements for a responsible adult person to pick you up have not been undertaken in advance, your surgery will most probably be cancelled.
- b) Do **not** operate heavy machinery, sign important documents or make important decisions for 24 hours following surgery.
- c) Do **not** consume alcohol for at least 24 hours after your surgery.
- d) It is important to remain hydrated following surgery. We recommend you consume at least 2 litres of fluids during the 24 hours following your surgery and that you eat normally.
- e) After cataract surgery, you should remove the Perspex shield 6 hours after the operation is completed and resume using the prescribed eye drops.
- f) You may gently clean your eye with salty water using a clean tissue.
- g) Take the tablets prescribed as per the Pain Management instructions (listed below).
- h) Keep using your eye drops for two weeks after surgery or as instructed by your eye surgeon.
- i) **Do not rub or apply pressure** to the operative eye at any time in the 4 weeks following your eye operation.

Please Turn Over



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4. ACTIVITIES

- a) You may resume work and exercise 48 hours after your surgery.
- b) **Do not drive** for 48 hours following eye surgery.
- c) We highly recommend that you avoid **SWIMMING** and **EYE MAKE-UP** for five days following intraocular surgery.
- d) All other activities including bending and lifting may resume immediately.
- e) If the eye feels irritated, sandy or gritty – bathe the eye with a tissue using salty water (1 teaspoon salt in 1 cup of water).
- f) Use lubricating drops as necessary for comfort.

5. DISCOMFORT

It is normal to experience the following symptoms:

- a) Red, watery eyes with some discomfort (grittiness or itchy feeling).
- b) Swollen eyelids - use crushed ice in a small zip lock bag wrapped in a moist cloth for up to 10 minutes per hour for 24 hours.
- c) Sensitivity to light.
- d) Blurred vision.

6. PAIN MANAGEMENT

You have been given prescriptions for pain relief by your doctor. If you experience any aching discomfort, throbbing pain, headache, nausea please follow the instructions below:

- a) **DIAMOX** – Take one tablet.
Take the second tablet if pain persists for longer than one hour.
This medication will reduce your eye pressure which will protect your optic nerve, reduce risks of vascular occlusion, promote wound healing and ease the pain.

If you have a proven severe allergic reaction to Sulphur, such as difficulty breathing or swelling of the tongue, lips or throat do not take the Diamox.

- b) **PANADOL OSTEO** – Take one tablet with food. You may take one tablet every six hours if needed up a maximum of four tablets in 24 hours. This medication contains paracetamol for pain relief.

If significant pain persists after these medications have been taken, or if you have concerns and wish to speak to a Surgeon, please contact Brisbane Eye Clinic.

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