

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) Go to the pharmacy the week before surgery
 - Store your prescription drops in the fridge, you will need to start using these drops one day before surgery
 - It may be helpful to buy lubricating drops e.g. Systane, Optive Fusion or something similar in case you experience grittiness/irritation after surgery
 - Micropore tape to tape on shield after 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 usual glaucoma drops if you are on them).
- b) **DO NOT eat or drink anything for 6 hours prior to your admission time.**
- c) You may have a small sip of plain tap water to assist with swallowing medications 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 they **must** stay with you overnight. If arrangements for a responsible adult person to pick you up have not been undertaken in advance, your surgery **will** 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) Keep using your eye drops for four weeks after surgery or as instructed by your eye surgeon.
- f) **Do not rub or apply pressure** to the operative eye at any time in the 4 weeks following your eye operation.
- g) Please leave the eye pad on your eye until you are seen post-operatively the next day, unless it causes irritation. If you remove the eye pad, resume ALL eye drops.

4. ACTIVITIES

Daily Activities

- a) Resume light daily activities (e.g. reading, writing, TV, computer/iPad)
- b) Showering - Keep water out of operated eye. You may use the plastic shield.
- c) Sleeping – Use plastic shield at night for one week.
- d) Avoid eye makeup for two weeks.

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Exercise

- e) Resume light exercise (e.g. walking)
- f) Avoid strenuous activities (e.g. running/yoga/weights) for two weeks
- g) Avoid swimming for one month

Driving

- h) Only resume driving once your Ophthalmologist advised it is safe to do so. This may vary from 1 week to several weeks.

5. DISCOMFORT

It is normal to experience the following symptoms:

- a) Red, watery eyes with some discomfort (grittiness or itchy feeling) – use lubricating eye drops.
- b) Sensitivity to light.

These symptoms should improve or be no worse than when last seen by your doctor. If you experience increased pain, redness or reduced vision, contact our office (details below).

It may take a month for the eye to fully heal.

6. PAIN MANAGEMENT

You may take simple analgesia if uncomfortable (e.g. Paracetamol)

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.

Office:

07 3832 1700

ALL HOURS, 7 DAYS