

## **SURGERY INSTRUCTIONS (CATARACT)**

**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. It may be helpful to buy a bottle of lubricating drops such as Systane, Optive Fusion, Refresh or something similar in case you experience any grittiness or irritation after the 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 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) **You should remove the Perspex shield 6 hours after the operation is completed and resume using the prescribed eye drops and take ONE Diamox tablet** (more information about this tablet over the page)
- c) You may gently clean your eye with salty water using a clean tissue.
- d) Do **not** operate heavy machinery, sign important documents or make important decisions for 24 hours following surgery.
- e) Do **not** consume alcohol for at least 24 hours after your surgery.
- f) 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.
- g) Keep using your eye drops until they run out or until you are instructed to stop by your surgeon.
- h) You may use lubricating eye drops in the operated eye if you experience any grittiness or irritation.
- i) **Do not rub or apply pressure** to the operative eye at any time in the 4 weeks following your eye operation.
- j) **For most people an air bubble will be put in the front portion of the eye.**  
The bubble may or may not be visible to you. It will slowly disappear over the next few days.

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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 (is NORMAL & EXPECTED)**

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 & PRESSURE MANAGEMENT**

You have been given prescriptions for pain relief by your doctor please follow the instructions below:

- a) **DIAMOX** – Take one tablet when you remove the Persplex shield 6 hours after the operation is completed and resume your eye drops. If you experience pain for longer than one hour take a second tablet. 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 and discuss this with your Doctor.**

- 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.**

Office:

3832 1700

MONDAY – FRIDAY 8am -5pm