

## CATARACT SURGERY

### POSTOPERATIVE INSTRUCTIONS

It is normal for your eye to be slightly red, light sensitive, and for there to be an intermittent gritty sensation as well as for the vision to be slightly blurred immediately following the surgery. This should improve over the first few days to a week. If it becomes worse, especially if the eye becomes increasingly red and painful or you experience a significant decrease in vision, it is important for you to contact Dr Hart promptly on (03) 9654 3500 during office hours (8:30am-5pm) or after hours on 0435 069 959.

If your surgery has been performed in the morning you will usually be instructed to remove the eye shield in the afternoon and commence your eye drops. If your surgery was performed in the afternoon, you will be instructed to leave your eye shield in place overnight, remove it the next morning, and commence your eye drops prior to your postoperative review. The protective shield should be worn on the operated eye for the first 5 nights after surgery.

It is normal for your eye to be watery and even for the eyelids to be stuck together the morning following the surgery. You can gently clean around the eye with a clean face washer from the morning following surgery if you desire.

You will be given a prescription for postoperative eye drops when you leave the hospital. Please have this prescription filled and bring all preoperative and postoperative eye drops to your postoperative appointment the day after your surgery.

#### **You can:**

- drive after a few days if your vision has substantially improved and you feel confident and comfortable with driving;
- after the first two days, bend over to pick up objects, play mild sports, go for a jog, play golf or play tennis
- have a shower and wash your hair the day after the surgery.
- use eye make-up after three days

#### **You should not:**

- go for a swim in a pool, river or the sea for at least one week following the surgery;
- dirty the top of the drops. It is best to wash your hands prior to using the drops to ensure they stay clean.