

Advice following Cataract Surgery

Information for patients



The drops that we have marked in the box underneath are those that have been prescribed for you. We will discuss with you any additional drops that are required after your surgery.



LEFT EYE

RIGHT EYE

Maxidex eye drops 0.1% _____

Dexafree 1mg/ml _____

Chloramphenicol 0.5% _____

Acular 0.4% _____

Maxitrol Ointment _____

Additional Treatment _____

DOS

The morning following your operation, remove the surgical dressing and clean your eye with cooled, boiled water and then start using the eye drops as instructed.

Read, watch TV and use a computer with no restrictions. Continue with non-strenuous activities, e.g. cooking etc.

Bathe, shower and wash hair as normal. Try to avoid getting soap/shampoo in your eyes as this will sting.

You may return to work the following day if you feel able. Jobs which involve manual work should be avoided longer (2-4 weeks). Please discuss with your surgeon.

You may return to driving if you meet legal driving standards (e.g. being able to read a number plate from 20 metres).

Go to the Optician 6 weeks after your operation to have your eyes checked for new glasses. If you are having difficulty before this time or are in between first and second eye cataract surgery, you may/may not wear your old glasses, or ask your optician to remove the lens in your existing glasses.

DON'TS

1. Don't rub your eye
2. Don't splash water directly in your face
3. Don't play contact sports until you have had your optician review
4. Don't wear make up until at least two weeks after your surgery
5. Don't swim for 4 weeks after your surgery

Please call us if you experience any of the following:

- Increasing pain/ache in the eye despite taking painkillers
- Sudden deteriorating vision
- A headache over the eye and are nauseated
- Increased swelling/redness/pus or discharge.

Mon-Fri 08.30 - 16.30

Eye Pavilion Triage Desk 0131 536 3751

Evening & Weekends

Eye Pavilion Ward E2 0131 536 1172

