



INSTRUCTIONS FOLLOWING CATARACT SURGERY

What is required after the operation?

The eye is covered by a plastic shield overnight and then removed the next morning. The shield also needs to be worn overnight for the next 5 nights to protect the eye whilst sleeping.

The vision is usually a little blurred the first post-operative day due to the dilatation of the pupil and there may be some double vision due to the residual effects of the local anaesthetic. These wear off over 24 hours.

Drops are required for about 4 weeks. Usually these are Maxidex (Dexamethasone and Neomycin) or Tobradex (Tobramycin and Dexamethasone). These are used 4 times a day for 2 weeks then reduced to 2 times a day for a further 2 weeks.

You can plan to lead a normal lifestyle from the first day after the operation. You should not rub the eye. You may take a shower and wash your hair normally, but try to avoid getting water in your eyes.

You can work, read and watch television as required within the limits of the vision as it improves. Spectacles should not be changed until at least 3 weeks post-operatively. Contact lenses can be worn in the opposite eye if desired, but not in the operated eye.

You should avoid swimming for about 2 weeks.

You may fly in an aircraft if required.

What follow-up is required?

Usually a post-operative appointment is arranged for about 3 weeks post-operatively, and then you may visit your optician to obtain updated glasses if required.