

## CATARACT SURGERY (DISCHARGE INSTRUCTIONS)

- You have undergone a "cataract extraction and insertion of lens" with Dr Philip Larkin, and had intravenous sedation.
- You must have an escort to take you home.
- You **MUST NOT** drive a car or any other vehicle for 4 days as your vision has changed.
- Do not operate machinery, play sport or make important decisions today.
- You can resume your normal diet and medications (unless instructed otherwise).

### AFTER SURGERY

- Your vision will be blurry after the surgery.
- Continue on your drops until they run out.
- Continue on all other eye medication as usual.
- Take Panadol for pain as required (follow directions on pack).
- Your vision has now changed. Your current glasses will not be suitable. In 4 weeks you can organise a new pair.

### AFTER CARE

#### Do Not:

- Wipe your eye with a handkerchief
- Get your eye dirty - no gardening, woodwork or fishing (4 weeks)
- Go swimming for 4 weeks
- Wear make up for 4 weeks (lipstick is OK)

#### Do:

- Wear the eye shield for 24 hours, and at night for the next week
- Keep your eye clean.
- Use a clean tissue to wipe your eye. Do not re-use the tissue.
- Use the same eye drops as before surgery, 4 times a day until they run out. (Breakfast, Lunch, Dinner and at bedtime).

#### You Can:

- Bend over
- Watch TV, Read Books
- Exercise (play bowls, golf etc.)
- You may wash your hair with a gentle shampoo (from tomorrow)

### HOW TO USE YOUR DROPS

- Put drops in the eye that was operated on 4 times a day following surgery. (Breakfast, Lunch, Dinner and bedtime) starting tonight.
- Continue drops 4 times a day in the operated eye for one month.
- Put the Chlorsig drops in first.
- Put one drop in, wait 5 minutes and then put the other drop in.
- Should one bottle run out before the other, use the second bottle until it runs out.

**IF PAIN IS NOT RELIEVED BY PANADOL, OR IF YOU DEVELOP REDNESS, TRAUMA, OR A DRAMATIC CHANGE IN VISION, CONTACT:**

**Dr Philip Larkin – Phone 4472 2722 or Your Local Doctor or Hospital**