

## 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**

**FEEDBACK:** AT Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on [admin@southmedical.com.au](mailto:admin@southmedical.com.au) or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW 2539.