

CATARACT SURGERY - (DISCHARGE INSTRUCTIONS)

1. **You have undergone a cataract operation** performed by Dr Larkin
2. **It is essential that someone drives you home and stays with you for 24 hours** as you have received intravenous sedation, the effects of which will last several hours. These medicines can cause:
 - Confusion/poor concentration
 - Slower reaction time
 - Drowsiness/tiredness
 - Dizziness/feeling faint
 - Blurred or double vision
 - Muscle weakness
 - Anxiety and mood changes
 - Shakiness and unsteadiness.

These symptoms can make it unsafe for you to drive, cycle or use machinery and can put you and other road users at risk of an accident. **You should go straight home and rest for the remainder of the day. DO NOT go anywhere else.**

For the next 24 hours DO NOT:

- Drive a motor vehicle, motorcycle, or operate machinery,
- Drink alcohol
- Sign legal documents
- Conduct business agreements
- Exercise.

3. **You may resume your normal prescription medicine** (unless told otherwise) when you go home.

FOR YOUR OPERATED EYE:

- Your vision will be blurry after the surgery.
- Continue your eye drops until they run out – ensure you wash your hands before using eye drops.
- Continue 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 at the Optometrist.

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)

YOU MUST:

- Wash your hands thoroughly and use a clean tissue to wipe your eye. Do not re-use the tissue.
- Wear the eye shield for 24 hours after surgery, and at night for the 7 days.
- Keep your eye clean.
- 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 (the day after surgery).

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 (the day of surgery).
- Continue drops 4 times a day in the operated eye for one month - ensure you wash your hands thoroughly before using eye drops.
- Use the Chlorsig drops 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.

Patient Specific Instructions:

Signed: _____ Name: _____

POST PROCEDURE SYMPTOMS REQUIRING IMMEDIATE ASSESSMENT:

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

Please advise Ulladulla Endoscopy and Medical Centre of any signs or symptoms or infection such as fever, swelling, redness, pain or discharge or if you visit your local doctor and are prescribed antibiotics for an associated infection within 30 days of your procedure with us.

For any urgent medical issues after hours, or if you are experiencing serious pain or discomfort following any procedure, you need to go to the Emergency Department of your closest Hospital.

EMERGENCY: CALL 000 for a NSW Ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

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 or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539.

