# Cataract Surgery

**Post-Operative Instructions**

**AFTER THE OPERATION**

* Your eye will be protected by clear plastic shield.
* Keep the shield on for the first night & lift shield to apply your drops as usual.
* Remove it the following morning.
* It is safe to shower in the morning but try not to get too much soapy water in the eye
* Use your dark glasses after your procedure as much as you need to.

**FOLLOW-UP**

* First appointment will be in the same week as the op, usually on the Friday
* Follow-up appointments will vary according to individual circumstances

**VISION**

* You will not have clear vision immediately after the operation as the anaesthetic will still be working and your pupil will still be dilated.
* Your vision will clear over the next few days sometimes even faster.
* Your eye may feel scratchy. This is normal. You should not feel any pain.
* If this is your first cataract operation you may initially feel a bit “unbalanced” as you get used to your new implanted lens. This is only temporary.
* You may also experience any of the following during the first 2 – 6 weeks

**Burning, scratchiness, dryness, or watering**

**Sensitive to sunlight or artificial lights**

**Peripheral vision flashes or shadows**

These symptoms will disappear with time and do not indicate anything serious.

**SPECS**

Your old specs will need to be changed. It is, however, necessary to wait about 3-4 weeks before changing your specs.

**ACTIVITIES**

* Take it easy for the first few days.
* You may start using your operated eye immediately. Reading, writing, watching TV are all fine and will not harm your eye.
* It is advisable to wear your old glasses or the sunglasses I have provided to protect your eye during the day. The shield must be worn for the first night only.
* Do **NOT** rub the eye.
* Blow your nose gently.
* You can shower, bathe, and wash your hair.
* It is safe to bend down.
* You can read, watch TV, go for walks, cook – i.e. you can do most activities. No swimming for 10days. Do not put anything into the eye other than the prescribed drops
* Sunglasses are recommended in bright sunlight for the first two weeks.

**MEDICATIONS**

 Spersadex Comp – 1 drop 3 times a day for one week

 Nevanac 1 drop 3 times a day & finish the bottle ***Or*** Ilevro 1 drop daily until finished

Adding a moisturising drop after your procedure will help with dryness (scratchiness) ie: Systane Complete or Optive Fusion. You can use it as many times as you need depending on the dryness.

**Please wash your hands before using the drops.**

Place the drops in the space between your eyeball and the lower lid. TO do this, place a finger on your cheek and gently pull down the eyelid until a “V” pocket is formed. A mirror is helpful. **Do not allow the eye drop bottle to touch the eye as this will contaminate the bottle.**

**SHOULD YOU NOTICE INCREASING:**

R - Redness

S - Swelling of eyelid

V - Vision deterioration

P - Pain

**PLEASE CALL IMMEDIATELY**

**WHAT TO EXPECT LATER:**

* **YAG laser capsulotomy:**

The implanted lens is positioned in a clear capsule. Over time this capsule loses its clarity. The lens remains clear but when the capsule opacifies it results in hazy vision. This is not the cataract growing back and does not require surgery. The capsule is cleared by laser in a 2 minute, quick, painless, in-rooms procedure.

You have about a 50% chance of needing this at some stage in the future.