



# London Ophthalmology + Ophthalmic Plastics

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## Cataract Surgery

### On the day of your operation

Please arrive at the hospital at the time indicated on your appointment letter, which you should bring with you. This is not the time of your procedure as some preparation is necessary once you have arrived.

Please bring all your medication with you should the nurse/anaesthetist wish to review it.

### The first 24 hours after your surgery

You should take great care of yourself and have a gentle day. Take particular care when stepping off pavements and going up and down stairs.

After the surgery you will have an eye shield over the eye. These should be left on overnight. Please remove the following morning by 8 am. Clean your lids with cool

boiled water and tissue paper. Instil your eye drops.

The eye shield should be worn at night for one week after the operation to protect the eye during sleep. Stick the shield down with Sellotape. The shield should be washed and dried.

## Aftercare

A follow up out-patient appointment will be arranged 1-2 weeks after your operation. You may be given an appointment sooner than this if required

You can use your old glasses after the operation, but don't expect them to give you perfect vision. You can get new glasses 4-5 weeks after the surgery.

Your eye should not be painful but slight discomfort may be felt. Make sure you have some simple pain relief tablets at home.

## Post-operative eye drop treatment

Dexamethasone (Maxidex): 1 drop to the operated eye four times a day for 2 weeks, then twice a day for 2 weeks (4 weeks in total)

Chloramphenicol – antibiotic: One drop four times a day for 1 week.

*Please use your medication exactly as instructed. Start on the day of treatment.*

## How to instil your eye drops

1. Thoroughly wash your hands
2. Stand in front of a mirror, pull the skin of your bottom eyelid down to form a pocket
3. Being careful not to touch your eye, squeeze one drop into the bottom of the eyelid

## **Do**

- 1.1. Do take your prescribed eye drops as instructed
- 1.2. Do wear your eye shield at night for the first night
- 1.3. Do wear sunglasses outside for the first week after surgery
- 1.4. Do avoid smoky and dusty atmospheres for four weeks
- 1.5. Do avoid air travel for a week following your surgery
- 1.6. Do keep all your follow up appointments

## **Don't**

- 1.1. Do not rub or put pressure on your eyes for at least 1 week after surgery
- 1.2. Do not squeeze your eyes for at least 1 day after surgery
- 1.3. Do not drive until your vision has cleared and you feel comfortable to do so
- 1.4. Do not wear make – up for one week
- 1.5. Do not wet your eyes for one week
- 1.6. Do not shower for two days

- 1.7. Do not swim for at least 4 weeks then use goggles for 1 month
- 1.8. Do not go back to heavy work or contact sports for at least 1 month after the operation, and when you do begin, start gradually.
- 1.9. Do not get soap in your eyes when you wash your hair for two weeks. Ensure this by leaning back, or by getting someone to do it for you.

### **When to seek our attention**

Any severe pain not relieved by ordinary pain tablets

Swelling of the eye and surrounding area

A sticky eye or one that becomes redder with time

Vision that gets worse rather than better

Raised body temperature

**If you have any further questions please contact our office on +44(0)2045316760 and we will do all we can to help.**