

What to expect after cataract surgery

Points to Remember

- Do not rub your eye, swim or lift more than 10kg for the first 2 weeks after surgery
- Call the Ophthalmology registrar at The RMH on 9342 7000 if you have pain, loss of vision or worsening discharge from the operated eye

Post-operative instructions

Usually your doctor or one of the nurses will remove your eye pad the day after surgery. Occasionally you may need to take the pad and shield off the morning after your surgery but will be informed if this is needed.

If you are instructed to remove the eye pad yourself:

- First wash your hands with soap and dry them thoroughly
- Remove the eye pad and discard
- Gently clean the eyelids with a clean tissue or cotton ball. You can use water that has been boiled and then cooled, or saline purchased from the chemist, if you need to. Do not rub or press on your eye.

Use of eye drops:

Start the drops you have been prescribed immediately after removing the eye pad. We normally use two kinds of eye drops, **CHLORSIG** and **PREDNEFRIN FORTE**. From each bottle you should administer one (1) drop four (4) times per day to the operated eye unless directed otherwise. You should leave five (5) minutes between the eye drops. The bottles should be shaken before each use.

What to expect

It is normal for your eye to feel gritty or irritated in the days following cataract surgery. There may be a small amount of discharge.

If you have pain and over-the-counter pain medication does not relieve the pain, please call the Ophthalmology registrar at The RMH on 9324 7000.

Your vision may be blurry immediately after removing the eye pad. Sometimes it takes weeks to see the final benefits of surgery. Sometimes new glasses will be required to achieve the best possible vision after cataract surgery.

Care of your eye

If you need to clean your eye because of discharge:

- First wash your hands with soap and dry them thoroughly
- Using a clean tissue or sterile dressing, close your eye and dab the eyelids gently with the tissue.
- Do not rub or press on your eye. If you have concerns about pain or discharge then please call the Ophthalmology registrar at The RMH on 9342 7000.



If you were using eye drops prior to your operation you should ask your doctor whether you should

use these after the operation. If you are continuing to use your eye drops you should open a new bottle after the operation to use in the operated eye.

For the first week after the operation you may wear a plastic shield over the operated eye while sleeping so you do not accidentally rub your eye while asleep. During the day you may wear your old glasses to avoid accidentally knocking your eye. Your old glasses may not allow you to see well, but they will not damage your eye.

Things you may do after surgery:

- Read
- Watch television
- Move about the house and outside as you wish
- Shower and clean your face, but you should keep your eyes closed when doing this to avoid water getting in the eye.
- Light exercise such as walking
- Wear sunglasses if you find the sunlight is uncomfortable for your eyes

Things you may NOT do in the first two weeks after surgery:

- **RUB your eye**
- Swim
- Undertake strenuous physical exercise
- Lift more than 10 kg which is about the weight of two full shopping bags.
- Work in the garden

When to contact the hospital:

If you have any of the following you should contact the Ophthalmology registrar:

- Increasing or prolonged pain in the operated eye
- Increasing redness in the operated eye
- Deterioration in the sight of the eye
- Discharge from the eye
- Flashing lights in the eye

Contact

Ophthalmology Registrar

Tel: 9342 7000

Practitioner / Patient notes

Ophthalmology Department | OPH01.02 | Head Ophthalmology | Expiry: November 2021



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