

FORSTER EYE SURGERY

Dr. Geoffrey Whitehouse MBBS(Syd) FRANZCO

POST OPERATIVE INSTRUCTIONS

ROUTINE CATARACT

The following is meant as a guide to ensure you recover as rapidly as possible following your surgery

EYEDROPS

Start all three types of eye drops on the day of the surgery

Ocuflox – use 1 drop every 2 hours (when awake) for three days

PLUS

Acular And Maxidex – use 1 drop of each 3 times a day for one week, then use 1 drop of each twice a day for one week, then use 1 drop of each once daily for one week

Continue with normal glaucoma eye drops etc. unless otherwise advised.

DURING THE FIRST 12 HOURS

Leave the shield intact. It will be removed by the doctor at your first postoperative visit – usually on the day of the operation.

DO:

- take things quietly
- mobilise freely around the home
- watch TV or read with the other eye
- have a responsible person with you in case there are problems
- take Panadol / Panadeine if the eye is aching.

DO NOT:

- Lift heavy objects (>10kg) or strain.



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DURING THE FIRST WEEK

DO:

- wear glasses throughout the day (tinted/sun glasses may be more comfortable)
- wear the plastic shield supplied at night (use micropore tape from forehead to cheek)
- return to normal activities with the exception of swimming, and strenuous exercise. These can be recommenced 2 weeks after surgery.
- use the eye normally – no restriction on watching TV or reading.
- expect the vision to be blurry and the glasses to need changing.
- shower normally

DO NOT

- allow water to run into the eye (normal showering allowable)
- perform strenuous physical exercise
- rub the eye.

DURING WEEKS 2 TO 4

- Use the eye normally. However do not swim until the end of the second week.
- Return to normal activities.
- It is no longer necessary to use the spectacles or the shield to protect the eye.
- Spectacles prescribed at 4 – 6 weeks by optometrist.

Telephone numbers:

Forster Private Hospital	6555 1333
Mayo Private Hospital	6552 1466
Gloucester Hospital	6538 5000
Manning Rural Referral Hospital	6592 9111
Forster Eye Surgery	6555 5669

