



## ***Post Operative Instructions for Cataract Surgery in Adults***

### *Immediate care after Surgery:*

- The eyelids may be puffy/swollen after surgery. The eyes may appear bloodshot, and there may be red stained discharge from the eye/s for upto 2 days after surgery. This is expected. Regular cleaning of any discharge with cotton wool dipped in sterile saline solution will help prevent the eyelids from sticking together.
- Dr Kini's anaesthetist may have injected an anaesthetic around the eye at the start of the surgery to prevent pain. This may cause the operated eye to look oddly turned, cause double vision and the pupils may look dilated/unequal. This will wear off in 24-48 hours.
- Pain relief - Panadol and Nurofen maybe used alternately every 4 hours on the first day to prevent pain if needed.
- Dr Kini will give you a script for eye drops - these are of two kinds - an antibiotic eye drop and a steroid eye drop. These help prevent infection, and aid healing. Take the pad off at the time recommended to you after the surgery, throw away the cotton part (if any), and start using the drops. It is normal to notice double vision when you first take the pad off - this should clear up by the next morning. Replace the clear plastic shield back on with the tape provided at least until the next morning.
- Avoid driving for the first 48 hours after surgery, as it can take time for the effects of the Anaesthetic to wear off. After this, only drive if you have no double vision, and good vision in each eye and if you feel comfortable driving.
- Dr Kini will generally aim to see you in the first 48 hours after surgery, and then in a few weeks time.

### *Caring for your eyes in the first few weeks following surgery:*

- Swimming is to be avoided for two weeks following surgery.
- You can take a bath/shower as normal, taking care to not let soap or shampoo enter the eyes.
- It is normal for the eyes to look red for up to 4-6 weeks after surgery.

***If you experience severe pain, inability to open their eyes, severe swelling of the eyelids, pus discharge from the eyes - this may indicate post operative infection. If you see these signs, please contact Dr Kini on 0410 523 891. Alternatively, call the Royal Victorian Eye and Ear Hospital Emergency Department on 9929 8666 (switch).***