

CATARACT SURGERY AFTERCARE

On departure from hospital you will be supplied with some eyedrops to use at home. The morning after surgery remove the eye shield and pad then clean the eye with the saline solution provided. Put an eyedrop from each bottle into the eye and keep the eye shut for a few minutes. You will be asked to use the eyedrops four times a day to start with and your consultant will advise you when to reduce the drops from four times a day down to twice a day and then once a day before stopping altogether.

Please keep the antibiotic drop (chloramphenicol) in the fridge to keep it cool and preserved whenever possible. We would like you to cover the eye with the eye shield at night for two weeks using some Micropore tape to fix it in place on your forehead and cheek. The reason for this is that we want to prevent you from rubbing your eye whilst asleep. If you did rub your eye you would be unlikely to undo any work that your consultant has done but you would make your eye quite sore and this is what we want to avoid.

The first day after surgery you may find that you have a bit of double vision while your eye recovers from the anaesthetic you have had. The eye will take a while to settle down after the surgery. It is best if you avoid a busy schedule in the first week after surgery, you do not have to cancel all your commitments, just give yourself a little more time to do everything. With regard to driving, your consultant will advise but most patients can return to driving quite quickly. With regard to bending and lifting things, it would be sensible to avoid doing anything too strenuous in the first two weeks while the healing takes place.

You may find that you are a little dazzled by bright lights at first, and some patients are more comfortable in dark glasses both around the house and outside for a few days. Have your dark glasses ready for this, and also if you have any old glasses that you previously wore then keep them easily available as they may be more use than the glasses you have been wearing recently. Your glasses prescription changes completely when you have had the surgery and in the first few weeks of recovery it really is best to wait and see what happens and what glasses might suit you, rather than be uncomfortable using the glasses you wore just before the operation.

Some patients will want to return to work quickly after surgery and your consultant will give personal advice about this. If you have a strenuous occupation it may be best to plan to do less for the first four to six weeks. If you work in dusty or dirty environments, it would be wise to

relocate your activities while the eye recovers. Air travel can be organised as usual, but for all patients and especially those travelling to London specifically for this surgery we do recommend a two to four week stay in the UK after the operation if at all possible.

Hair washing, wearing make up, exercising, swimming - these are all activities that might be affected in the first few weeks after surgery. Taking care with hair washing, so that you avoid getting soap and water in the eye is essential for up to two weeks. For exercising, keep to light exercise such as walking, rather than running. Swimming is not advised until complete healing of the eye has taken place and your consultant will advise when it is safe to do so.

What you might notice about your eye after cataract surgery

Please contact your consultant or the office staff if you notice your eye becoming red, painful, or sticky, and particularly if you notice a reduction in what you can see. Sticky eyes can be made more comfortable using sterile gauze (not cotton wool) soaked in cooled boiled water, or sterile saline solution. It is not unusual for the eye to be red immediately after surgery and some patients notice sensitivity to light and a feeling of something in the eye. We would rather you rang us for advice if you have any concerns.

For best patient care, please inform us of any worries you may have, then we can speak to your consultant and get his advice or arrange for you to come in to see him.

Getting new glasses

All patients will be referred back to their optician for a refraction (eye test) and the results of this test will decide whether the patient will wear glasses for some or all of the time after surgery. Your consultant will advise when to make the appointment

Follow up examination with your consultant

Please contact the medical secretaries on 020 7432 8315 to make your follow-up appointment, obtain medical certificates or prescriptions and your medical reports.

After you are discharged from cataract surgery after-care

Some patients do need to return for a small amount of laser treatment in the months or years following cataract surgery. If you notice slight blurring in either eye, please call and arrange an appointment. Laser treatment can be carried out in a consultation appointment and should not be a cause for concern.

Please follow the link below for more information on cataract surgery:

<http://www.londoneyeunit.co.uk/services/cataracts/>