

DISCHARGE INSTRUCTIONS FOLLOWING CATARACT SURGERY

After your operation:

- ◆ An appointment has been made for the following day, and will be given to you on your discharge home.
- ◆ You will be given a prescription for Eye drops which you must take to the chemist.
- ◆ You will be seen by the Eye Team

Please leave your eye patch on until you have seen the Eye Team.

After your follow-up appointment:

Do not rub your eyes

- ◆ Avoid straining or lifting heavy objects, for 2 days
- ◆ No strenuous activity or exercise, for 2 days
- ◆ Discuss your return to normal light activities with the Eye Team.
- ◆ Gently clean any discharge around the eye with a clean face cloth and warm water, if necessary.
- ◆ Do not use any other solutions in the eye except those that are prescribed by the surgeon
- ◆ you may wish to wear dark glasses for comfort
- ◆ you may be sensitive to light in your operated eye

POST OP MEDICINES:

Please bring your Eye drops with you to your clinic appointment tomorrow.

You must start using the drops after seeing the Eye Team. Once the eye drops have run out you will not need to have anymore.

For pain relief take 2 paracetamol tablets every 4 hours if required (not more than 8 tablets a day).

Next due at

YOU MAY EXPERIENCE ANY OF THE FOLLOWING:

- ◆ Mild irritation of your eye for 24-36 hours
- ◆ Bruised feeling around your eye for 24-36 hours
- ◆ Improving vision
- ◆ Occasional double vision that slowly settles
- ◆ Floaters are common but are usually innocent

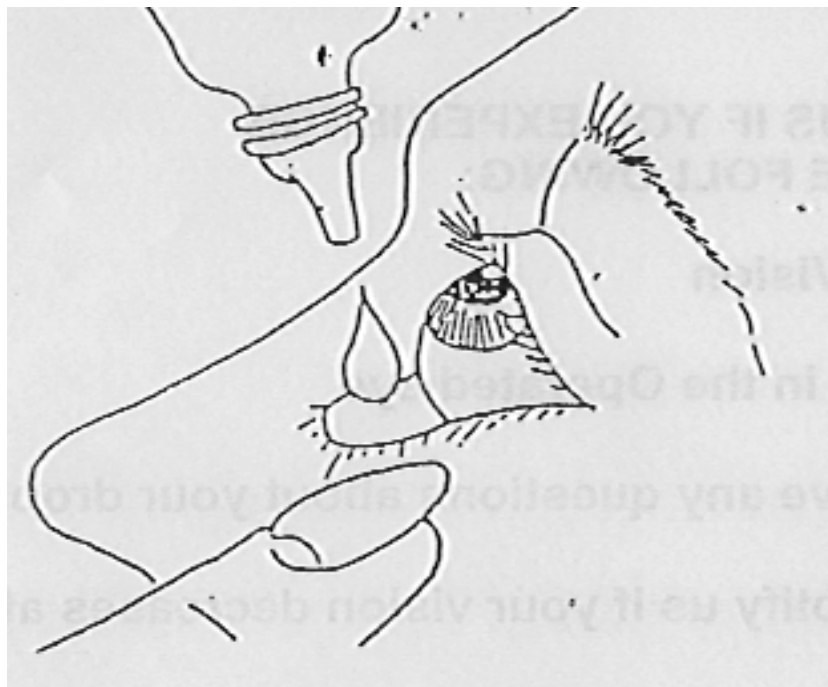
YOU MUST CONTACT US IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- ◆ Decreased Vision
- ◆ Severe pain in the Operated eye not improving with paracetamol
- ◆ Any coloured discharge from your eye
- ◆ Or if you have any questions about your drops

HOW TO USE YOUR EYE DROPS

1. Wash your hands before use.
2. Read the label.
3. Tilt your head back looking upwards.
4. Pull down gently on the lower lid.

Squeeze 1 drop into the space between the lower lid and the eye, without letting the dropper touch the eye.



Close your eye for about 30 seconds.

The eye drops may blur your eyesight.

Throw away the eye drop bottle 4 weeks after opening.

Manukau Surgery Centre

For assistance please telephone the Manukau *SuperClinic™*,
Module 6 between 8am - 430 pm (09) 277 1660

After Hours Greenlane Hospital (09) 367 0000

Or go to the Emergency Department Greenlane Hospital

DISCHARGE INSTRUCTIONS

Patient's Name:

Operation:

Date:

Surgeon:

Anaesthetist:

Anaesthetic:.....