

# Caring for Your Eyes after Cataract Surgery

## Postoperative drops

- Start putting your drops in from today.
- Drops should be administered at least 5 minutes apart, otherwise they will wash each other out and may not be effective.
- Store your drops in the refrigerator.

## Method for administering drops

- 1.Wash your hands with clean water and dry with a clean dry towel or tissue paper
- 2.Look in a mirror and pull the lower lid down with your finger.
- 3.Place a drop in the "pocket" between the lid and your eye ball. Be careful not to touch your eye with the drop bottle.

If you are unsure whether you have administered the drop correctly, try again straight away. You will not overdose on the drops, any excess will spill out of the eye.

## Dos and Don'ts

- You may wipe the eye gently with a clean tissue. If your eyelids stick together or you have crusting on the lashes this may be removed gently with a clean tissue soaked in warm, boiled water.
- You may bend (for example, to pick things up) following the operation.
- You may wear sunglasses or your own spectacles without harming the eye.
- You may watch television and read, as long as this is comfortable for you.
- Avoid any strenuous or risky activities for 3 weeks following surgery. These include gardening, sports (including swimming) or DIY.
- You should avoid driving for the first week following surgery.
- Do not rub or push on the eye.
- Do not get any new spectacles until you have been advised to do so by the eye surgeon.

## The way your eye should feel

It is normal to:

- have a feeling of something in the eye (like a piece of sand or hair).
- have a little discomfort when looking at bright light.
- see a halo around bright lights.

It is NOT normal to have:

- severe pain.
- a persistent sticky, yellow, or green discharge.

if you have these symptoms you must contact the hospital (08 8276 9666) as soon as possible and ask to speak to the eye clinic, or the eye doctor on-call.