

## Post Cataract Surgery Eye Care - Patient information

### Do's and Don'ts

Do: Take your drops after the operation, four times a day until you are seen in clinic.

Do: Wear your shield at night, this is to stop you rubbing the eye when you are asleep.

Don't: Get the eye wet, e.g. don't wash your hair.

Don't: Rub the eye.

Don't: Drive, or lift heavy weights, or strenuous exercise for 2 weeks.

### Taking Drops

You will need to look up to instil the eye drops, if necessary take them lying down.

- Please wash your hands before putting drops in your eye.
- Please shake the bottle before putting drops in your eye.
- Pull the lower lid down and drop the medicine onto the lower lid.
- Do not let the tip of the bottle touch your eye.
- Please put your drops in as listed below, leaving a few minutes between each drop:
- Please continue to use your drops until you are told to stop.
- If your drops run out please ask your G.P, who will give you a repeat prescription.
- If you have any pain or discomfort it should settle if you take your usual pain killers, Paracetamol or Ibuprofen. Try not to touch or Rub your eye.
- You will be seen in the outpatients two weeks after your operation for a check up.
- Your eye may be a little sticky on waking, if necessary clean with boiled water and some clean cotton wool. If your eye starts to discharge or you experience continual or increasing pain please telephone your treating hospital.



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