



Dr Dale Harrison

Specialist Ophthalmologist

INSTRUCTIONS FOR CATARACT SURGERY

- The receptionist will give you a date and time to arrive at the **Peninsula Eye Hospital** for the cataract operation
- Remember to take your **medical aid card and ID book** with you to the **Peninsula Eye Hospital**
- You will be in hospital for approximately 3 hours
- Please wear comfortable loose, clothing and leave valuables at home
- Please take your medication as per normal on the day of surgery
- Do **not** wear make-up on the day of your surgery
- Most surgery is done under local anaesthetic with sedation- you can have a light meal at home and **ensure you have someone to drive you home**
- **IF** Dr Harrison says you need a general anaesthetic, DO **NOT** HAVE ANYTHING TO EAT OR DRINK 6 HOURS BEFORE ARRIVAL AT THE HOSPITAL
- You need to see Dr Harrison the Friday after your surgery for a post-operative visit

Eye drops

- You would have received a prescription for **2** bottles of drops
- Put 1 drop of each in **the eye to be operated on** the night before surgery and again in the morning. Bring the drops with you to hospital.
- Continue using **both** bottles of drops in the operated eye, 1 drop 4 times a day, for 3 weeks or until they are finished.
- You may lift the eye shield to instil the drops when you get home after surgery

Eye Shield

- Remove the eye shield the following morning after surgery and continue using the drops
- The eye can be left open during the day, but sleep with the eye shield on at night for the first **3 nights** after your surgery

Activities

- No strenuous exercise or swimming for 1 week after surgery
- Do not bump or rub the eye for two weeks after your surgery
- Bathing or showering is permissible, keep your operated eye closed - no water or soap in the eye for a week
- No eye make-up for 1 week following surgery
- No sprays in or near the eyes

Normal

- For eye to feel a little “scratchy” and light sensitive after surgery and also for vision to be a little blurred
- To see a crescent “shimmering” in your peripheral vision for a few days after surgery.
- Safe to wear old spectacles, but may blur vision in operated eye. Your specs may be renewed about one month after surgery
- A tear lubricant might be necessary if your eye feels dry, irritated or scratchy a few weeks after your surgery

Abnormal

- A very **Red eye**
- A very **Swollen eye**
- Worsening **Vision**
- Severe **Pain**

Please contact Dr Harrison ASAP if you are worried about any of these symptoms. **(RSVP)**

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