

Cataract Surgery – Post-operative care & advice

Patient Information

What to expect after the operation

If you have an eye patch, this should be removed the morning after your operation. Please do not replace it.

Your eyelids should be cleaned before you put in any eye drops. The general eye care instruction sheet you have been given will help you with this task.

Avoid touching your eye. You can expect your eye to be red, and to have some swelling around your eyelids. Do not poke, rub or scratch your eye.

Pain relief

You may have some mild pain. You can take Paracetamol to help with the pain. A maximum of 2 tablets (1 gram) 4 hourly. No more than 8 tablets (4 grams) in a 24 hour (1day) period.

After a general anaesthetic

You may feel drowsy because a small amount of the anaesthetic may still remain in your body. This can slow your reaction time/ coordination and affect your judgement /reasoning for the next 24 hours after your operation.

We recommend that you rest during this time. Adults: During the first 24hours after your operation it is important that you do not drive a car, cycle, ride a motor cycle or, operate machinery, drink alcohol or sign any legal papers.

You may have a slight cough or a sore /dry throat. You can start your normal daily activities again after 2-3 days.

Contact a Doctor for help if you have any of the following:

- Increased redness in your eye
- You are taking regular pain relief and are still in pain
- You have decreasing vision (your vision may be expected to be poor initially after your surgery but it should not get worse)
- You have nausea or vomiting

I have some questions or concerns about my operation

If you have any concerns or questions regarding your operation please phone the Eye Outpatient department. The contact details are on the back of this page.

Follow up appointment

Your follow up appointment is on

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At

Wellington Eye Outpatient Department
Level 9, Grace Neill Block
Wellington Hospital

Or

Outpatient Department,
Kenepuru Hospital

It is very important to come to this follow-up appointment to make sure all is well with your eye.

Contact details are on the back of this page

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Contact Us

If you have any concerns or questions regarding your operation please call the Eye Outpatient department, Monday to Friday 8.30am – 4 pm.

Phone (04) 806 2675

Triage Nurse: 027 4333 477

For after hours, weekends and Public Holidays emergencies contact the Emergency Department at your nearest hospital, your General Practitioner or one of the Afterhours Medical Centres.

Please take this information with you.

Afterhours medical centres

Kenepuru Hospital Accident and

Medical Clinic. Open 24 hours a day.

Phone (04) 918 2300

Paraparaumu Team Medical

Coastlands Shopping centre.

Open 8am – 10pm daily.

Phone (04) 298 2228

Waikanae medical centre.

Open Monday – Thursday 7pm – 8am and Friday 5pm – 8pm or anytime

weekends and public holidays. Phone (04) 293 6002

Accident and urgent medical centre

Wellington. Open 8am – 11pm daily.

Phone (04) 384 4944

If you are unsure if you need to visit your GP or Afterhours medical centre you may wish to call **Health Line** for free advice. Open 24 hours a day. Phone 0800 611 116.