

Aftercare following a cataract operation

AT HOME

- The eye will be more vulnerable after the operation, which is why you should **wear an eye shield at night during the first week** after the operation. **During the day** you should wear **protective glasses**, or your own (sun) glasses, **for the first few days**. Do not rub the eye.
- If a bandage was applied, it can be removed the morning after the operation. Start **applying eye drops** as soon as the bandage has been removed, in accordance with the prescription/schedule prescribed by the doctor.
- You can very gently bathe the eye, with the eyelid closed, to remove discharge and crusts.
- You can wash your face carefully the day after the operation. Having a shower or bath is OK, but prevent water, soap and shampoo from splashing directly into the eye during the first 3 days.
- You **can move around as normal**. Gentle exercise (gym) can be restarted after 1 week.
- Strenuous efforts, and contact sports, swimming (wear swimming goggles) and saunas should be avoided for the first month.
- Do not wear make-up during the first two weeks.
- Consult your doctor to find out when you can drive again.
- Your glasses will be adapted after 4 to 6 weeks.
- If you are in pain during the first 24 hours after the operation you can take 1 tablet of Dafalgan (500 mg) every 6 hours.

EYE DROP SCHEDULE

Tobradex eye drops:	4 x a day for 1 week
	3 x a day for 1 week
	2 x a day for 1 week
	1 x a day for 1 week
Indocollyre:	4 x a day for 4 weeks

Further information on how to apply eye drops can be found in the brochure entitled 'Eye drops and ointment' at www.uzleuven.be/brochure/700730.

IN THE EVENT OF PROBLEMS, OR IF YOU REQUIRE ADDITIONAL INFORMATION

- You can contact the switchboard on 016 33 23 70 at any time during the day. They will connect you to the day care hospital.
- From 18.00 and at weekends you can contact the ophthalmologist on call via the switchboard on 016 33 22 11.