

Ms. Rizwana I. Khan

MBBS, FRCSI, MRCOphth
Consultant Eye Surgeon
Orbital, Oculoplastic & Cataract Surgery
Medical Council Registration No.: 21638

Suite 7	Suite 22	Clane General Hospital
The Hermitage Medical Clinic	Blackrock Clinic	Prosperous Road
Old Lucan Road	Blackrock	Clane
Dublin 20	Co. Dublin	Co. Kildare

Tel: +353 (0)1 645 9542
Fax: +353 (0)1 6459543 (All correspondence to Hermitage Clinic)

GUIDE TO CARE OF YOUR EYE POST-CATARACT SURGERY

1. Avoid sudden stooping, bending, straining, lifting or carrying for 4-6 weeks. You may find driving difficult.
2. Wash hand before putting in drops and removing the pad.
3. Put drops in middle part of the lower lid by pulling the lid down with the fingers of the left hand.
4. Never rub operated eye.
5. Eye shield should be worn at night, or during the day if out in windy weather. Ordinary sellotape may be used to hold shield in place. Shield should be washed daily.
6. Hair may be shampooed leaning backward instead of forward to prevent shampoo getting into eyes.
7. You are at risk of picking up infections at home for about 3 weeks after surgery so it's important to keep the operated eye clean. You should gently bathe it with sterile cotton wool soaked in water. This should be done with sterile water (brought from the chemist) or with water which has been boiled and cooled.
8. If the eye becomes painful, blurred or red it may be a sign of infection and you should either contact the surgeon or if it's out of hours then the Casualty department of the Royal Victoria Eye & Ear Hospital, Adelaide Road, Dublin 2 at 01 6644600.