

CATARACT / LENS REPLACEMENT

POST-TREATMENT

Important Instructions



Do's

- ✓ Drops will be prescribed for you on your first day. Please use these as instructed.
- ✓ As you may experience light sensitivity for the first twenty four hours it is advisable to wear dark sunglasses. You may also find these useful indoors early on.
- ✓ Light exercise is fine in the first week but please see our guidelines for advice on hobbies and interests.
- ✓ You can return to work as soon as you feel happy to do so. However, if your job involves working in a dusty environment, we advise you stay off work for at least one week.
- ✓ Be aware that you may experience "eye strain" early on following treatment. Drivers should check with a surgeon or optometrist to ensure you meet the legal requirement for driving and should not drive until advised it is safe to do so.
- ✓ Short haul flights (two hours) can be undertaken within a week and long haul or transatlantic flights after a week. You should use the lubricating drops more often during the flight.
- ✓ After cataract or lens replacement treatment, patients who have monofocal or astigmatic lenses will continue to need reading glasses for close and intermediate work.
- ✓ Patients who have multifocal lenses will no longer need reading glasses approximately 80 percent of the time. However there may be occasions where reading glasses are still required for very small print and computer work.

Don'ts

- ✗ Do not wear any make-up for the first week following treatment.
- ✗ Face cream can be used but avoid applying near our eyes.
- ✗ Do not rub your eyes. You can gently clean around the eye area.
- ✗ Avoid dusty or smoky places for at least one week.
- ✗ Avoid power showers for the first two weeks.
- ✗ Do not swim or use a Jacuzzi for at least two-three weeks as use may cause infection.
- ✗ Avoid sun beds for at least one month. Thereafter you must ensure that you wear UV protection goggles.

Please bring sunglasses on the day of surgery to wear immediately after surgery.

Please note that it is important to attend your check up visits at 1-2 days, 1 week, 1 month, 3 months and 1 year.

If you need to cancel an appointment, please inform us at least 24 hours prior.

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POST-TREATMENT Important Instructions



Your Post Treatment Medication

You have been given a bottle of anti-inflammatory and antibiotic drops for each eye. You must start using the drops on the day of treatment. Please see below for full instructions.

When using your eye drops:

- ☒ Do not touch the tip of the bottle.
- ☒ Replace the cap immediately after use.
- ☒ Avoid touching the eye with the tip of the bottle.
- ☒ All eye drops opened must be discarded after one month.
- ☒ Keep the drops in a safe place, out of the reach of children.

How to apply eye drops:

- ☒ Wash and dry your hands.
- ☒ If your eyelids feel a little sticky, clean them gently using cotton wool and boiled water that has been left to cool. Wipe lids gently from inner to outer corner.
- ☒ Tilt your head back a little and look up.
- ☒ Placing a fingertip on your cheek (just below your eye) gently pull down your lower lid.
- ☒ Without touching your lower lid with the bottle dispense the drops into your lower lid.
- ☒ Close your eyes briefly. Do not squeeze or rub your eyes.
- ☒ Blot any excess drops that run from your eye with a clean tissue but avoid placing any pressure on your eye.
- ☒ Leave a gap of one minute between each drop to allow them to be fully absorbed.

Oftraquix / Exocin eye drops (antibiotics)

These drops help prevent infection and must be used from the day of treatment. The surgeon will have used some of the drops after your procedure.

Usage:

Two drops *four times each day for two weeks* following treatment.

Important - Please leave a one to two minute gap between using the antibiotic and anti-inflammatory drops.

Please Note:

Precision Vision London provides every patient with a one month supply of drops.

If you need additional drops, all the drops mentioned (or their equivalent) can be found at most chemists or by contacting your optometrist.

Hydramed/Thealoz Duo/Hyaloforte (lubricating eye drops)

Following treatment it is common for patients find their eyes can feel dry, particularly towards the end of the day.

Usage:

Four times a day for a month.

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Pred Forte/Maxidex eye drops (antibiotics with anti-inflammatory)

These drops prevent inflammation of your eye post treatment. The surgeon will have used some of the drops after your procedure.

Usage:

Four times a day for the first *two weeks* and *twice a day* for the next two weeks

Important - Please leave a one to two minute gap between using the antibiotic and anti-inflammatory drops.

Voltarol/Yellox eye drops (non-steroidal anti-inflammatory drug)

These drops help reduce inflammation immediately after treatment.

Usage:

Voltarol: Three times a day for a month.

Yellox: Two times a day for a month.

Important - Please leave a one to two minute gap between using the antibiotic and anti-inflammatory drops.

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If you require any further information please ring the clinic during working hours (9am – 5.30pm).

www.precisionvisionlondon.com

22A Harley Street, London W1G 9BP

Your Hobbies & Interests

For patients who wish to take part in sport or other strenuous activities following treatment, please allow time for your eyes to heal completely.

Our Guidelines:

Two week hiatus:

Aerobic exercise, jogging, Yoga & Pilates.

Four week hiatus:

Football, cricket and tennis, and weightlifting.

Five week hiatus:

Swimming, sauna, steam room

Six week hiatus:

Rugby, skiing, snowboarding, squash* and scuba diving (30ft and more).

*with eye protection