

Cataract surgery: after the operation

This leaflet contains information on what to do, and on check-ups and complications that may arise after your cataract surgery. A cataract is a cloudy area in the lens of your eye.

Instructions for the morning

On the morning after your cataract surgery, at about 8am:

1. Throw away the small eye pad dressing.
2. Carefully clean the skin around your eye with a tissue and water.
3. Apply the first drop of dexamethasone or Pred Forte to the eye on which the surgery was performed.
4. Check in the mirror whether the pupil is round.

Check-ups

On the day after the operation, after 8.30am, you will receive a phone call from the nurse.

If you have not received a phone call by 2pm, please contact the Cataract Centre's Helpline on 010 401 7644.

If you undergo surgery on a Friday, you will receive a phone call on Saturday any time before 6pm.

The application of eye drops

For 4 weeks after the operation, you will have to apply eye drops daily. It's important that you start applying the eye drops the day after the operation, in accordance with the dosing schedule.

Dexamethasone (or Pred Forte):

- for 3 weeks: 1 drop, 3 times daily;
- **after those 3 weeks** for 3 days: 1 drop, twice daily;
- **afterwards** the final 3 days: 1 drop, once daily;

Have you also been given Nevanac eye drops? In that case:

- apply 1 drop of Nevanac once daily, in the evening. Once you're allowed to stop applying dexamethasone (or Pred Forte), you can stop applying that one drop of Nevanac, too.

There are **enough drops** in the small bottles to last you for the duration of the schedule. But just in case you fear you'll run out of drops, you will be given a repeat prescription, just to be on the safe side. You can request a repeat prescription at any time at www.oogziekenhuis.nl/herhaalrecept.

Did you use any other eye drops before the operation? If so, you must continue to use those after the operation. However, you will have to start using a new bottle. Please throw the old bottle away.

For instructions on how to apply eye drops, refer to www.oogdruppelen.nl, where you will find information in Dutch and English. You can also ask your pharmacist or nurse for more information on eye drops.

Rules to observe after the operation

Protect your eye

- Avoid rubbing the eye on which the surgery was performed for the first 2 **weeks** after the operation. Ideally, you would wear protective goggles or your own glasses or sunglasses during these 2 weeks.
- Be sure to wear protective glasses or goggles when exercising or playing sports, as well.

Driving

You will not be able to drive immediately after the operation. Ask the nurse when it will be safe for you to start driving again.

Working

You can go to work as usual after the operation. If your work is physically exerting or painful, or if it is affecting your vision, please stop working. If this happens, talk to your ophthalmologist or company doctor.

Physical exertion

- You may bend over and lift things (no heavier than 20 kilograms), but please don't exert yourself physically in the first week.
- You can read, watch TV and work on your computer as much as you like.
- You can play sports (e.g. golf and cycling) as usual.
- Do you like going to the gym? Please refrain from doing so for 1 week, and take it easy for the next 3 weeks.

Taking a shower / washing your hair

You can take showers and wash your hair as usual. Take care not to get any shampoo in your eye.

Make-up

Please don't wear any eye make-up in the first 2 weeks after your operation.

Going on holiday

You can go on holiday and you're allowed to fly.

Swimming / going to the sauna

You can't swim or go to a sauna for 4 weeks, due to the risk of infection.

Possible complications

Is your vision blurry, or is your eyesight less sharp?

You may experience blurry or less sharp vision the day after the operation. Usually, vision is restored of its own accord in the first week after the operation. Did the operation affect your lens strength? Then

your vision will be negatively affected. If your vision gets worse, please contact the Cataract Centre's Helpline.

Is your eye hurting, and are you experiencing headaches?

This is normal. The eye on which the surgery was performed may feel a little tender the day and night after the operation. You can take a painkiller to alleviate the pain. If the pain or headache gets worse, please contact the Cataract Centre's Helpline.

Is your eye red and irritated?

Your eye may look red after the operation. Your eye may also feel irritated, or feel like there's a grain of sand in it. This is normal. That feeling is caused by the incision. If your eye gets redder or more painful, please contact the Cataract Centre's Helpline.

Does your eye hurt, is it red or has your vision become much worse?

Your eye may be infected. Infections are rare (0.1% after cataract surgery). The infection is caused by a bacterium. If your eye hurts very badly after the operation, if it turns red or if your vision is growing much worse, please contact the Cataract Centre's Helpline as soon as possible.

Has your vision grown blurry again, months or years afterwards?

10% to 30% of patients experience 'after-cataract' a few months or years after cataract surgery. This means that the lens capsule has grown cloudy again. After-cataract can be removed by means of laser therapy. This is done in our outpatients' clinic. It won't hurt. If you find that your vision is growing blurrier, please contact the Cataract Centre's Helpline.

Additional information

Getting new glasses

Your eye must heal from the operation. For this reason, you should wait at least 6 weeks before having your eyes tested for new glasses. In the meantime, please wear your old glasses. The old strength of your glasses will not harm your eye after the surgery. If it is unpleasant for you to wear your old glasses, talk to your optician about whether you can get some temporary glasses.

Contact us at once

If you experience one or more of the following side effects within 4 weeks after the operation:

- The pain in your eye has grown worse, or your eye has grown redder;
- Your vision is growing blurrier;
- Your eyesight has suddenly deteriorated a lot;
- Your pupil is not round;
- You have multiple black spots, black lines or flashes of light in your vision;
- You have bumped into something with your eye.

please contact the Cataract Centre's Helpline at once.

Undergoing treatment at Oogziekenhuis Rotterdam

Oogziekenhuis Rotterdam trains doctors, paramedics and nurses. This means that you or your child may be (partially) treated by someone who is still training to become an ophthalmologist. This is always done under the supervision and responsibility of a fully qualified ophthalmologist.

Oogziekenhuis Rotterdam's policy is to refer patients back to their own ophthalmologist, or to another ophthalmologist closer to their own home. Naturally, we will only refer you back if your symptoms are fully under control. This is also true for patients who came to Oogziekenhuis Rotterdam of their own accord, to obtain a 'second opinion'.

More information

If you have any questions after reading this leaflet, please contact the Cataract Centre's Helpline:

- Monday through Friday, between 8.30am and 4.30pm: 010 401 7644
- Remaining hours: 010 401 7777