OPHTHALMOLOGY
Cataract Surgery
(Postoperative guidelines)

Start application of drops: __________________________

Next Doctor appointment: __________________________

Always bring your drops with you to your appointment with the ophthalmologist.

Depending on your prescription:

Apply first:

Vigamox OR Ocuflox OR Zymar: An antibiotic used for the healing of the eye surface, used for 1 week.

Apply second:

Nevanac OR Ketorolac: An anti-inflammatory that will be used for 3-4 weeks, or until the bottle is empty.

Apply third:

Maxidex OR Prednisolone: Also an anti-inflammatory that will be used for 3-4 weeks. The doctor will give you a prescription for your treatment.

Drops will be prescribed to you to promote healing post surgery.

ATTENTION
If you have to apply more than 1 drop in your eye, always wait 5 minutes in between each drop application.

When you need information, go in the section Guides d'enseignement pour le patient at the following Internet address: www.cha.quebec.qc.ca/guide

Bring this guide every visit to the hospital as it will prepare you to talk with the medical and professional team.
Post-operative guidelines

- Sleep with the eye patch for 2 weeks, or as per your doctor’s recommendations.
- Avoid rubbing your eyes for the first 2 weeks.
- You can bend normally (ex.: to put on your shoes, to pick up something, etc.).
- **Avoid any trauma to the eye.**
- You may take a bath or a shower and wash your hair, but avoid spraying water directly in the affected eye.
- Keep your head tilted backwards to wash your hair over the sink.
- **Be careful to not fall.**
- You will be able to wear your glasses. Your ophthalmologist will advise you to when it will be necessary to readjust them.
- You will be able to read, watch television, and do your usual activities.
- Avoid violent activities or those with risk of impact or fall (ex.: running, skiing, golf, swimming, bowling, etc.) for 3-4 weeks after the surgery
- Wear sunglasses when outside or in the sun.
- The ophthalmologist will see you the day after the surgery, and will assess when it is safe to drive your car.
- Do not wear make-up around the eyes for 2-3 weeks post-surgery.

**Be vigilant:**

- **If you experience a significant decrease in sight, or excessive pain or redness to the operated eye, call us or go to the Emergency Room of the hospital to ensure proper follow-up in timely manner.**

**To contact us:**

**During the day, Monday to Friday:**
- At the ophthalmology clinic: 418 682-7680

**Evening, nights and weekends:**
- Info-Santé: 811

At any time, in case of complications, present yourself at the Emergency Room of Saint-Sacrement Hospital.

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