

*** Repeat step 1 with a new cotton ball if you see crusts around the eye.

- Cover your eye with clean eyeshield or glasses to protect your eye from bumping into things.

How to apply an eye drop or eye ointment (if have)

- Hands must be clean and dry before applying medications.
- Prepare clean cotton balls.
- Double-check the instruction labels of eye drop or ointment to prevent using a wrong medication. Make sure that the medication has not expired.
- Gently shake the bottle before use for some eye drops that contain suspension solution.
- Sit down or lie down then look up at the ceiling. Hold the eye drop bottle with the hand you write with. With your other hand, gently pull down your lower eyelid. Squeeze the bottle until the drop go into the conjunctival sac of your lower eyelid.

Do not let the top of the dropper touch your eye or anything else. Dropper should be approximately 1-2 cm distance away from the eye. For ointment, apply about 1 cm. ribbon strip to the conjunctival sac of your lower eyelid.

- Close your eyes and gently wipe excess drops.
- If you need to apply more than one eye drop medications, wait about 5 minute before applying another one. Use the eye drop first, before applying an eye ointment

Remark

- ** The instructions after cataract surgery may differ from one to another patients. Please follow instructions given by your ophthalmologist.
- ** Do not share the eye drop/ eye ointment with someone else.
- ** Keep the medicine away from heat or sunlight.
- ** The eye drop or eye ointment may expire in about 1 month after opened. Please follow instructions on the leaflet ** provided with the medication. Do not use it if there is discoloration. See the doctor immediately for a replacement.
- ** If you experience eye redness, irritation, or swelling around your eyes after using eye drop, stop using it and consult your doctor immediately



Organize By

- Miss Phatcharaphan Punjavaranon
Nurse Chalermphakiet 5 Ward
Eye Ear Nose Throat Nursing Division

Consultant

- Lecturer Pimkwan Jaruampornpan
Department Ophthalmology
Faculty of Medicine Siriraj Hospital

Support printing : Faculty of Medicine Siriraj Hospital

Last Update version 2020

Unit code ns 02210056366

สงวนลิขสิทธิ์โดย พรบ.การพิมพ์ 2537



มหาวิทยาลัยมหิดล
คณะแพทยศาสตร์ศิริราชพยาบาล

The instructions after cataract surgery



Health Education Project
Department of nursing Siriraj Hospital

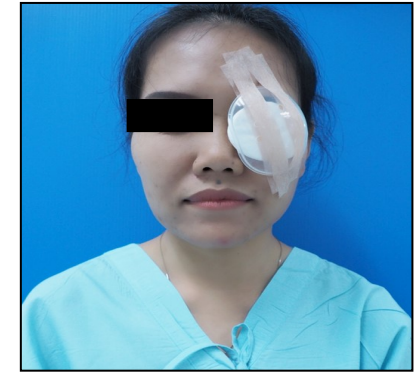
SIPI NS1074163

The instructions after cataract surgery

Post-operative care

1. Do not wash your face. Avoid getting water, dirt, dust, smoke, wind, or steam in the eye. Use clean handkerchief or damp cloth to wipe your face gently twice a day for 4 weeks or follow your doctor's instruction.
2. Shower from your shoulders down. Do not let water get into your eye.
3. Do not wash your hair by yourself.
4. Do not use make-up or chemical agent such as hair spray, oil-based products or wax on your face or hair.
5. Do not rub your eye or scratch the eyelid.
6. Use eye drop or eye ointment as prescribed by the doctor.
7. Put on eye glasses instead eye shield to protect your eye from sunlight, wind and dust during the day. Put on sunglasses when outside. Clean sunglasses with soap and rinse with water before use.
8. Wear eyeshield while sleeping to protect you eyes from accidental scratches and bumps. Wash your eyeshield every day with soap and rinse with water.
9. Do not lie down on the operated side. objects.
10. Avoid heavy coughing or sneezing. Eat plenty of fiber diet to avoid constipation
11. Avoid strenuous exercise or activity which may increase sweating.

12. Do not drive for 1 week.
13. Be careful not to get in an accident from bumping your eye, falling down or bumping into surrounding objects.
14. Avoid activities that may increase risk of getting water, dust, or smoke, into your eyes. **This may lead to an infection.** Avoid activities, such as house cleaning, cooking, being too close to your pet, gardening, watering plants, or lighting incenses.
15. Do not lift heavy objects or bend down below your waist for a long period of time.
16. Do not lift, or carry a child or pet as it may increase a chance of injury to your eyes.
17. Reading and watching television are allowed. Take a break when your eyes feel irritated.
18. See your doctor immediately if you experience these symptoms such as blurry vision, severe eye pain, discharge from your eyes, redness or swelling of the operated eye.
19. Go to the Outpatient building room # 500 on the 5th floor during office hours.
20. Go to an Emergency room at the Outpatient building on the 1st floor during after hours.
21. Do not buy eye drop or oral medicine from drug store by yourself without your doctor's prescription
22. Follow-up as scheduled by your doctor.
23. The doctor may recommend using reading glasses up to 1 month after surgery



Incision Care

- Clean your incision sites once a day after waking up every morning with clean damp cloth. Keep the incision clean and dry. Do not clean with water.
- Wash your hands before and after cleaning your eyes.
- Sit or lie down position without pillow.
- Remove an eyeshield. Clean eyeshield with soap, rinse it with water, and wipe it dry with clean cloth.
- Use 5 cotton balls that are provided from the hospital. Moisten it with saline solution, then
 - > Use the first cotton ball to wipe gently at nasal site of the eye. Wipe it gently without pressing too hard. Avoid cotton ball from getting into your eye.
 - > Use the second cotton ball to wipe gently over the upper eyelid. Look down to your toes, then gently wipe from medial to lateral. Do not repeat with a back and forth motion.
 - > For the third cotton ball, look up and then wipe it gently over the lower eyelid.
 - > Use the fourth cotton ball to wipe from upper eyelid to eyebrows until it is clean.
 - > Use the last cotton ball to wipe from lower eyelid to cheekbone.