

Surgery Instructions

PLANNING YOUR SURGERY FIXING THE DATE OF YOUR EYE SURGERY

All eye surgeries including cataract, retinal etc are day care eye surgeries NOT requiring overnight stay in our hospital.

COMMON PRE OPERATIVE INSTRUCTIONS

- Patient must have a light breakfast in the morning.
- The patient should take a head bath in the morning of the day of surgery or a night before.
- A responsible relative or attendant must accompany the patient for surgery.
- The patient must bring along all his reports and prescribed list of current medications including any other medication which the patient is taking.
- If the patient is taking any medication for high blood pressure, cardiac problems, asthma, or medicines like anticonvulsants etc, the patient must take this medication with a few sips of water even if asked to come fasting.
- Injection insulin or other tablets for DIABETES (sugar) are normally to be taken just after the surgery with meals. Start the antibiotic tablets and dilating eye drops as per the prescription given to you by the nurse / doctor.

FOR RETINAL / SQUINT SURGERY IF UNDER G.A. (General Anesthesia)

Fasting time should be 06 hours prior to time of surgery. Patient must not have any solid or liquids in this period except few sips of water to take any medications for high blood pressure, cardiac problems, asthma etc.

WHAT TO EXPECT AFTER SURGERY

- After the surgery you will be seen by the doctor and may go home shortly thereafter. You must not drive yourself home! Please make arrangements beforehand for a ride.
- The day of surgery you should plan to take it easy. Generally there is very little if any discomfort following surgery. If you do experience some mild pain, you may take the pain killers prescribed.
- Your eye will be patched after surgery. You will receive specific instructions at the end of surgery before your leave the hospital. The dark glasses/Protective glasses should be worn once the eye-pad is removed, generally in the same evening of the surgery. It is advised to

wear protective glasses even at night and in bed for the first 2 days after surgery. This is to prevent accidental rubbing of the eye.

You will be informed of all post operative care and instructions by the Nurse at time of discharge along with the discharge summary and list of post-op medicines.

Improvement in vision is gradual. Glasses are generally prescribed within 1-3 weeks of surgery as per the healing. These glasses may need to be adjusted later as your eye continues to heal.

ANY INCREASE IN REDNESS OR PAIN OR SUDDEN DECREASE IN VISION NEEDS AN URGENT CHECK-UP WITH THE DOCTOR. This may be a sign of serious infection in the eye.

SPECIFIC POST OPERATIVE INSTRUCTIONS:

CLEANING YOUR EYE

For the first week following surgery you should protect the eye from injury. Do not rub or put pressure on the eye. Avoid head bath and contamination of eye with dirty hands or tap water for 10 days. To clean the eye use boiled and cooled water to wash gently after closing the eye. Use clean soft tissue. Do not use cotton.

PUTTING EYE DROPS

- Never use a pin/needle to open the eye drop bottle. Screw on the cap tight to open it.
- Retract the lower lid and instill one drop of the prescribed eye drop into the eye. Eye drops should be used as per the prescription. Only 1 drop at a time is enough.
- Keep both eyes closed for at least 1minute after each eye drop

PROTECTING YOUR EYE

- Put on dark glasses throughout the day for one week.
- Wipe tears below the margin of the dark glasses. Do not touch the eye.
- Do not place cotton wool between the glasses and the eye.
- Do not sleep on the operated side for 1 week.
- For the first one week from the time of operation, take a bath below the neck. Face and hair can be washed after 5 days. But avoid getting water inside the eye.

ACTIVITIES

- Avoid strenuous activities.
- Do not lift very heavy objects for about 15 days after the surgery
- You may start reading and watching TV after 1 days. Take rest frequently with both eyes closed.

- Many people return to light work immediately after surgery.
- Ask your doctor about any specific activities you may have in mind as in leaving town, driving, yoga, walks, gym etc.

[These are just the General Guidelines, the detailed instructions will be given by your Surgeon.]

FOLLOW UP VISITS

Please come for a post operative check up as advised upon discharge. Generally the next day and 7-10 days post-op.

As a routine all operated eyes should be checked once every six months even if you have no problem.

If you have any further questions regarding your surgery or post operative treatment kindly speak to our counselors who will coordinate with your doctor to answer your queries.