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Important instructions to follow after your cataract removal and intra ocular lens implantation operation

- It is important to rest and do as little as possible the day after your operation.
- Your eye drops:
 1. Start using your drop **two hours** after the operation
 2. Your eye drops should be instilled **every two hours until bedtime on the day of the operation.**
 3. Starting from the **second day:** Pred-Forte four times per day till finished
Vigamox: Four times per day for five days
 4. Remember to take your prescribed pain medication when you get home after the surgery to prevent any discomfort in the operated eye.
 5. The bottles should be shaken before use.
 6. Refrain from touching the eyelids with the tip of the bottle to prevent contamination.
 7. Your eye drops should be instilled at five-minute intervals.
- The plastic shield should be worn at night for a week after surgery.
- Clean your eye with the sterile water provided if there is a discharge.
- No tap water should come into contact with your eye for seven days after surgery.
- No eye make-up should be worn for the first week after surgery.
- Please contact the rooms immediately if any of the following symptoms should occur in your operated eye:
 1. **Increasing redness**
 2. **Increasing pain**
 3. **Decreasing vision**
- You can carry on with your normal daily activities after surgery and drive your car from the second day after surgery when both eyes are open.
- Refrain from lifting heavy objects and strenuous activities for the first week after surgery. If you like to engage in intense physical exercise, you should refrain from this for at least two weeks.

- You can read and watch television without any risk to your operated eye.
- You can have your eyes tested by your optometrist and have your spectacles adjusted six weeks after surgery.
- If reading is difficult during the six-week waiting period, you can use your old spectacles to read. If they don't work, readers available at your pharmacy will help you to read during this time. The strength of these readers usually is +2.00.
- **In case of emergency or if you have any questions contact the us at:**

Consulting rooms: 012 3433598

After hours: 0124270000