

# North Balwyn Eye Clinic and Laser Centre

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## **(1) Two days before your cataract operation:**

- Use 1 drop of Tobrex (tobramycin) and 1 drop of Voltaren 4 times a day in the eye to be operated on.
- Use 1 drop of each on the morning of the surgery.
- When you start these drops, cease all other eye drops in the eye to be operated on but continue using any eye drops in the eye not to be operated on.
- Discuss your other medications with Dr Workman before the surgery. In particular, make sure you know what to do about any medications you take for diabetes or as anticoagulants (such as aspirin, iscover, warfarin, or even garlic tablets). Try to avoid fluid tablets for morning surgery as they may make you uncomfortable.

## **(2) One day after your cataract operation:**

- Use 1 drop of Tobrex (tobramycin), 1 drop of Voltaren and 1 drop of Prednefrin Forte in the operated eye 4 times a day, until advised to stop. It doesn't matter how close together you use them or in what order.
- You may resume most normal activities. Try to avoid straining that makes you go red in the face. You may wash your hair but keep your eyes closed and try to avoid getting water in them.
- Wear the plastic shield over the operated eye at night for three nights. This is to help you avoid rubbing your eye while asleep.
- You may wear your normal glasses and sunglasses if you wish. You don't have to if you prefer not to.
- Resume your normal medications that you stopped prior to the surgery, however do not restart any eye drops you were using in the operated eye until advised. This includes glaucoma medication.

## **(3) One week after your cataract operation:**

- Stop using the Tobrex. Use the Prednefrin Forte and Voltaren twice a day for another week or two (depending on how the eye feels) and then stop it.
- You may be given a spectacle prescription at this time. If so, you may have the spectacle lens in your glasses changed at your convenience. There is a small chance that the prescription might change and need to be renewed. You can wait if you prefer. If you do not need glasses for distance vision, it may be possible to use cheap magnifying spectacles. Ask about this if you are interested.
- You may resume all your normal activities now. Your eye is secure.

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