

# What you should not do After an EYE SURGERY



Don't Drive



No watching of Television



No Strenuous exercise



Don't rub your eye



No washing of Head & face with water



Try to avoid smoky environment



Don't bend head down



Don't lift anything heavy



Avoid Swimming



**TULSI CHANRAI FOUNDATION EYE HOSPITAL**  
(MANAGED BY ARAVIND EYE SYSTEM)

Phone: 070007700770

Website: [www.tcfeyehospital.org](http://www.tcfeyehospital.org)

**ADDRESS**

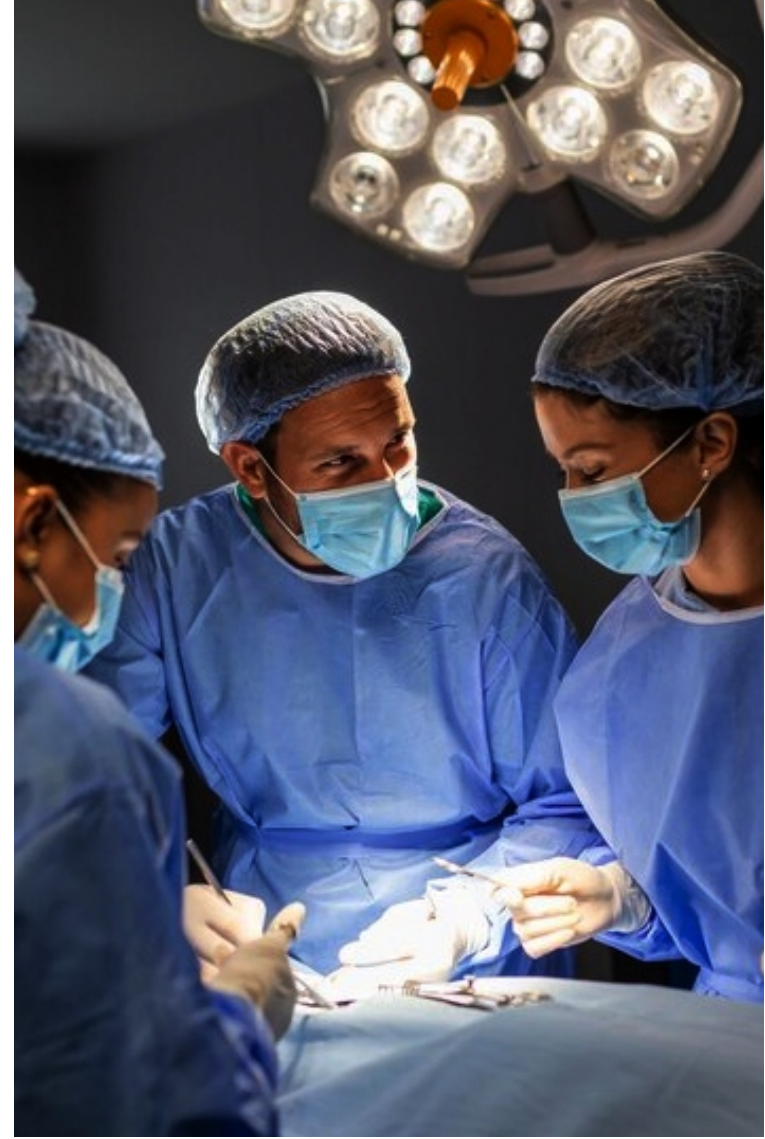
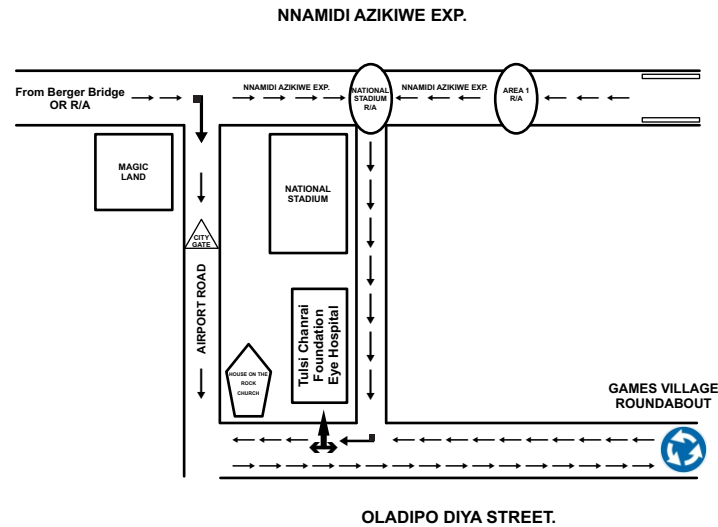
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**TULSI CHANRAI FOUNDATION EYE HOSPITAL**  
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## HOW TO REACH US



## INSTRUCTIONS To Patients Undergoing Cataract Surgery

## DAY BEFORE SURGERY

1. Ofloxacin eye drop :one drop of this eye drop has to be instilled only on the eye of surgery hourly 8 times from 1pm to 8pm.
2. Patients with systemic diseases (Diabetes, Asthma,cardiac,Hypertension and other problems should take their regular medication).

ANY ALLERGY TO EYE DROPS, TABLETS OR ANY SPECIAL MEDICATION SHOULD BE INFORMED TO THE PHYSICIAN, NURSE OR COUNSELLOR.

## ON THE DAY OF SURGERY

1. Ofloxacin eye drop should be instilled Three times on the day of surgery every Hour from 5:00am, 6:00am, 7:00am.
2. Patient can take light breakfast.
3. Diabetic patient should come fasting And come along with food and their Diabetic tablets to the hospital.
3. Patient with systemic diseases (Asthma, cardiac, Hypertension and other problems) should take their regular medications.
4. Nurses will administer mydriatic (dilating)eye drops in the eye to be Operated, blood pressure will be Checked and fasting blood sugar Will be checked for Diabetic Patient before surgery.
5. No cosmetics on the face. (Powder, Eyeliner, Eyeshadow)
6. Patient must come with only one relative on the day of surgery.

## AFTER SURGERY

1. Prescribed pain killer can be taken with food if patient has pain.
2. Do not bend head down.
3. No chewing of anything that is hard like meat.
4. No washing of head and face with water.
5. Do not go to a smoky/dusty environment.
6. Do not lie on the operated side.
7. Do not drive.
8. No cutting of hair and shaving of beards for men.
9. No plaiting or combing of hair for women.
- 10.No strenuous exercise.
- 11.No watching of television, reading, browsing on phone for 3 days.

**ALL INSTRUCTIONS ARE FOR:  
PHACO: 2 WEEKS  
SICS : 1 MONTH  
GLAUCOMA: 1 MONTH  
PTERYGIUM: 2 WEEKS**

**OFLOXACIN EYE DROP :  
4:00PM, 4:30PM, 5:00PM, 5:30PM**

**1. MAXIDEX EYE DROP :  
6:00PM, 7:00PM, 8:00PM,  
9:00PM, 10:00PM**

**2.OFLOXACIN EYE DROP:  
6:15PM, 7:15PM, 8:15PM,  
9:15PM, 10:15PM,**

## ON RETURNING HOME

1. 4:00pm remove eye patch from over the eye.
2. Before you start instilling eye drops make sure you wash you hands properly with Soap and clean water.
3. Eye should be cleaned daily with cotton dipped in warm water and excess water squeezed.
- 4.Mild redness, watering of eyes and irritations are common.
5. Patients on Glaucoma eye drops should continue their medications as advised by the consultants.
6. Patients having Diabetes and Hypertension should ensure their parameters are under control.
7. Tobacco chewing, smoking and drinking alcohol are strictly prohibited.
8. Come along with your discharge summary on the day of review as mentioned in the discharge summary card.



**WARD LINE 08108262238  
COUNSELLOR LINE 0807428576**

**★ NOTE IN CASE OF SEVERE REDNESS  
AND PAIN, PLEASE VISIT TCF EYE  
HOSPITAL IMMEDIATELY**