**Post op Guide for Patients of Dr Wilson Wong**

**NOTE: Day 1 refers to your day of surgery**

**EYEDROPS (Applicable to post cataract and retinal surgeries ONLY)**

* VIGAMOX (labelled as No.1) and MAXIDEX/PREDFORTE (labelled as NO.2) are to be used **every 2 hours** during your waking hours only
* From the 8th day from the day of surgery ( Insert date ), use both eyes drops **4 times a day** (either every 4 hours or after breakfast, lunch, tea and dinner)
* You can stop using VIGAMOX (labelled as No.1) once the bottle has finished.
* You must use MAXIDEX (labelled as NO.2) for at least a month and the doctor will advise what to do after
* You will be provided with **1 bottle** of VIGAMOX, **2 bottles** of MAXIDEX and **1 box/bottle** of lubricating eye drops.
* It is very normal to experience gritty sensation, dryness, stinging and general discomfort in the few weeks after your eye surgery. Please use the lubricating eye drops ( Insert name ) when you feel any of these. It is a preservative free eye drop and hence very safe for repeated use in a day with no limit.
* Frequency of drops are subject to change if clinically required. This will be advised to you during your consult.

**GENERAL CARE**

* Plan on taking one to three days off of work to be sure you have enough time to rest
* To prevent irritation of the eyes, avoid settings with higher levels of dust, wind, pollen, and dirt.
* Wear sunglasses on bright days. Continue to do this for the rest of your life as this is good eye care. UV rays are not good for the eye.
* You can wash your face and shampoo your hair from day 3.

**SLEEP**

* You will be provided with a protective shield for your eye that should be worn ONLY during sleep (even naps) for the first week after your cataract surgery. This will help you avoid rubbing your eyes.
* If you are a side sleeper, it may be beneficial (and more comfortable) for you to sleep on your non-operative side to help avoid applying any additional pressure as the eye heals.

**ACTIVITIES**

* Simple diversions like reading, watching TV, writing, and walking are okay to resume as soon as you feel up for it
* Do not drive until after the first day following your surgery. It all depends on how well you see and other factors. Be sure to check with your doctor.
* Do not perform heavy lifting (anything more than 5kg) or strenuous activities for 4 weeks
* To help prevent infections, do not swim or use a hot tub for 4 weeks
* Do your best to not rub your eye(s) after surgery.
* Do not wear eye makeup and consider avoiding eye cream for 1 week
* **If you feel up for it, you can also cook from day 3 onwards.**

**FOOD**

* Try to focus on maintaining a diet that is beneficial to your overall health.
* These includes fiber-rich whole foods, leafy green vegetables, and lean protein.
* Avoid foods that are high in sugars or are high in refined carbohydrates (such as bread, pastas, chips, cereals, etc.). These foods can spike blood glucose levels in the body and can lead to damaging blood vessels in the eye, ultimately slowing down your recovery time after surgery. An easy way to do this is to avoid processed foods and foods that are broadly considered to be “junk food.”

**RECOVERY**

* The healing process needs to run its course and vision may fluctuate slightly for the first few weeks before fully stabilizing. Your eye should be structurally healed from surgery in approximately one month

**POST OP APPOINTMENTS**

* Please take note that you need to be seen the very next day, a week after and subsequently a month for most uneventful surgeries and recovery.

**WHEN TO GET IN TOUCH WITH ME**