POST OPERATIVE EYE CARE
B. Subba Rao

HOW TO CITE THIS ARTICLE:

ABSTRACT: Worldwide after cataract and glaucoma operations most of the patients are not getting full instructions to follow. The aim of our study is advising full post operative precautions so that post operative problems will not occur. We have studied 4000 cases of cataract operations and 550 cases of glaucoma operations and 250 cases of combined cataract and glaucoma operations. About 38 post operative instructions are mentioned in this paper and by following this instructions 99.5% of cases there is no problem to the patients.

So, by following all these post operative instructions every cataract and glaucoma patient will not have any problem

KEYWORDS: Cataract operation, glaucoma operation, eye care, post operative eye care, precautions after eye operation.

INTRODUCTION: After doing thousands of cases of Cataract and hundreds of cases of Glaucoma surgeries and taking feedback from the operated patients and attendants we have formulated Post operative precautions to the patients.

AIM: Advising full precautions to the Cataract and Glaucoma operated patients.

MATERIAL METHODS: 4000 cases of various grades of Cataract in various ages from different areas of Andhra Pradesh and nearby states conducted Extracapsular Cataract Surgery, Small incision Cataract Surgery and Phaco emulsification Surgery in our hospital.

550 cases of Glaucoma surgery and 250 cases of combined Glaucoma and Cataract surgery done in our hospital with microsurgery.

RESULTS: By following these instructions 6-8 weeks post operatively 99.5% of operated patients have not faced any problem. Among these 60% are male patients and 40% are female patients. 80% are above 50 years age and 20% are below 50 years age. 70% are rural patients and 30% are urban patients. 40% of patients are of higher socioeconomic status, 60% are of medium to low socioeconomic status.

POST OPERATIVE VISITS: First visit after one week, second visit after 3 weeks, third visit after 4-6 weeks.

Post Operative Instructions:
1. Smoking and drinking alcohol should be avoided.
2. Don’t rub or poke or squeeze your eye.
3. Wear dark glasses upto 3 weeks to protect from excessive light and to prevent any dust or foreign bodies fall into the eye. Avoid dusty and dirty environment.
4. Don’t apply make-up either to eye or to the face for 6 weeks. Don’t use hair dye for 6 weeks. Shaving should be done carefully after 1 week.
5. Lifting of heavy articles and weights should not be attempted. Don’t play with children.
6. Care must be taken to prevent injury to the eye.
7. Head bath should be taken after one week. Daily bath may be taken below the neck regularly, avoid shower bath. While taking head bath shampoo and tap water should not be allowed to enter into the eye, head should be kept in an upward and back behind position, so that water might trickle down from behind the head.
8. Don’t allow many visitors to see you and touch your eyes.
9. Sleeping on operated site should be avoided and face lying on the bed also should be avoided.
10. When affected with cold or cough, medicines like cetirizine tablet and Benadryl cough syrup should be used.
11. It is better to use protective eye shield to the eye during travel and during sleep.
12. If bowels are constipated use 2 tabs of Dulco-lax in the night while going to bed, but do not strain.
13. Food: Leafy vegetables should be taken in plenty. Fruits can be taken. Bread, coffee and tea may be used. Tamarind water (rasam or any soup) juice can be taken.
14. Tablets of famotidine, omeprazole should be used to reduce burning sensation in the stomach.
15. Avoid aspirin and other anti coagulants for 3 days after surgery.
16. For other eye if you are using any medicines for any disease it should be continued as per your doctor’s advice.
17. The medicines prescribed for the operated eye should be used regularly and correctly as per the advice of eye doctor.
18. Diabetes and Blood pressure affected persons should keep them under control by using necessary medicines as per the advice of their concerned doctor. Use of long acting insulin is better for healing than the tablets in diabetic patients.
19. Diclofenac with paracetamol tablets should be used when slight pain is felt near the eye. If pain is severe, vision is decreased and eye becomes reddish and not reduced by the above medicines, consult the eye doctor immediately.
20. The eye should be cleaned atleast twice daily and eye drops should be used for 4 to 5 times in first two weeks and 2 to 3 times for the next two weeks and eye ointment once at night time should be used for 1 week. Instead of eye ointment the related eye drops can be used fairly more number of times.
21. After discharge from the hospital the first visit should be in 3 to 4 days, second visit after 1 week, third visit after 3 weeks, fourth visit after 6 weeks and later on once in 3 to 6 months the eye should be examined by the operated eye doctor and necessary treatment and advice should be sought.
22. For cleaning purpose of eye and for night time bandage to the eye sterile eye pads or eye wipes should be used. Cleaning the eye should be done twice a day, once in morning and once in the evening. Give 1 minute gap between putting various eye drops. Avoid touching the tip of eye drop bottle and care should be taken that eye drop bottle should not touch the eye.
23. While going to bathroom take help of others.
24. Going out at night time should be restricted, because there will be no proper light.
25. Bending down towards floor is prohibited because pressure may increase in the eye.
26. Everyday face should be cleaned with cloth dipped in warm water, after one week face can be washed with regular soap and water without entering into the eye. Immediately after washing the face, put eye drops in the eye.
27. Care should be observed while shaving the beard.
28. Teeth should be brushed slowly. Use water in which Listerine or Garline medicine is added for gargling to keep the mouth in a clean condition.
29. In case of any allergy perceived on account of medicines, such medicines should be stopped immediately and the eye should be shown to the eye doctor for proper advice and guidance.
30. There will be frequent changes in the power of the eye upto 6 to 8 weeks and also sometimes even upto 6 months. So temporary glasses should be used and the glasses may be changed after stabilization of the power.
31. Disposable eye pad with the eye shield on it is to be fixed with cellophane tape or any micropore paper type tape on the eye during night time.
32. Ordinary jobs and activities can be attended 3 to 4 weeks after surgery. T.V can be viewed 1 to 2 hours daily after 1 week.
33. Atleast three weeks yoga asanas, other exercises and jogging should not be performed. Walking can be done after one week.
34. Diving in swimming pool, running, playing rough games should be stopped upto few months.
35. Your vision will improve slowly and gradually and don’t be afraid about your vision.

DISCUSSION: Many Cataract and Glaucoma operated patients are not getting full advice regarding post operative precautions to be followed for nearly 6 weeks. Only few precautions are told by nurse or ophthalmic assistants and very few post operative precautions are printed on their follow up cards or instruction sheet given to them. In our hospital from so many years we are giving a printed sheet both in English and in Local language containing almost all precautions which are highly essential for the speedy and healthy recovery without complications. Not only the patient but also his one or two attendants are educated about these instructions.

Not only in India but also in other countries even the big ophthalmic institutes are not giving full instruction sheet to the patients.

What the instructions we have mentioned in this paper will definitely help to all the operated patients all over the world to prevent complications and for speedy recovery of vision.

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AUTHORS:
1. B. Subba Rao

PARTICULARS OF CONTRIBUTORS:
1. Associate Professor, Department of Ophthalmology, Mamata Medical College, Khammam, A.P.

NAME ADDRESS EMAIL ID OF THE CORRESPONDING AUTHOR:
Dr. B. Subba Rao,
29-13-87, Kaleswararao Road,
Suryaraopet, Vijayawada – 2, A.P.
Email– drbsubbarao55@gmail.com

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