

Day before surgery

1. Two drops of antibiotic eye drops have to be instilled six times (every two hours) such that the last dose ends by 9pm. Day care patients have to apply these drops every hour for 6 hours between 2pm - 7pm.
2. Tab. Anxit 0.25mg should be taken after dinner.
3. Patients with systemic diseases (Diabetes, Asthma, Cardiac, Hypertension and other problems) should take their regular medicines.

ANY ALLERGY TO EYE DROPS OR TABLETS SHOULD BE INFORMED TO THE PHYSICIAN OR NURSE

On the day of surgery

1. Antibiotic eye drops have to be instilled three times before surgery (at half an hour interval) between 5.30am - 6.30am. For day care patients, this will be taken care of by the nurses after they report to the hospital.
2. Patients can have milk/tea/coffee and light breakfast.
3. Diabetes patients who are on insulin therapy should take one third of regular insulin dose. Diabetes tablets should not be taken.
4. Patients with systemic diseases (Asthma, Cardiac, Hypertension and other problems) should take their regular medicines.
5. Nurses will administer mydriatic (dilating) eye drops in the eye to be operated just before surgery.

After surgery

1. The prescribed pain killer tablets can be taken after having a cup of milk/tea/coffee. If required, sleeping pills can be taken at night.
2. There is no restriction for patients to sit up in bed and to walk.
3. Routine diet can be followed
4. Patients with systemic diseases (Diabetes, Asthma, Cardiac, Hypertension and other problems) should take their regular medicines.
5. Patients can take bath below neck. Hair can be combed and oiled. Hair wash is recommended after 15days.
6. After consultation with doctor, one can resume regular activities.
7. One should avoid sleeping on the side of the operated eye for 3 days after surgery.

DAY CARE PATIENTS SHOULD APPLY THE FOLLOWING EYE DROPS AT THE PRESCRIBED TIME WHEN THEY RETURN HOME AFTER SURGERY

5pm, 7pm, 9pm (One drop)

AUROFLOX EYE DROPS

From ____ onwards, instil one drop in eye at 1 hour interval until 10 pm.

For admitted patients, nurses will explain when to start these medicines.

On returning home

1. Remove bandage over the eye and wear dark glasses.
2. Hands should be cleaned with soap and water before instilling eye drops.
3. Eyes should be cleaned with a sterile cotton swab dipped in boiled and cooled water daily.
4. Shaving can be done after 3 days.
5. Patients can travel wearing dark glasses.

Up to 30 days

1. Avoid going out in the sun and smoky or dusty areas.
2. Mild redness, watering of eyes and irritation are common.
3. Patients on medication for glaucoma should continue their medicines as advised by the glaucoma specialist.
4. Patients having Diabetes and Hypertension should ensure their parameters are under control.
5. Tobacco chewing, smoking and drinking alcohol are strictly prohibited.

Please bring the hospital identification card when you come for review on the date mentioned in the discharge card. Patients who are unable to visit on the specified date can change the appointment by contacting the Inpatient department : 0452 - 4356 100 Ext : _____ Mobile : 94439 53561

Note: In case symptoms of pain and redness are severe, please visit Aravind Eye Hospital immediately.

Medication	Day	Morning	Afternoon	Evening	Night
	1st week - 6 times	7.00, 10.00	1.00	4.00	7.00, 10.00
	IInd Week - 5 times	7.00, 11.00		3.00, 6.00	10.00
	IIIrd Week - 4 times	7.00	12.00	5.00	10.00
	IVth Week - 3 times	7.00	2.00		10.00
	Vth Week - 2 times	7.00			7.00
	Vith Week - 1 times	7.00			
Auroflox	First 15 days daily - 3 times	7.05	2.05		10.05

For further details contact
ARAVIND EYE HOSPITAL

1, Anna Nagar, Madurai - 625 020; Mobile : 94439 53561/ Ph: 0452 - 4356 100

Kindly follow the medication mentioned in the table above without fail. Only then, benefits of surgery can be fully enjoyed.

Please avoid Sundays

PE/B/Cat/Pat inst-eng-2016 - 4


ARAVIND EYE HOSPITALS
& POSTGRADUATE INSTITUTE OF OPHTHALMOLOGY

ARAVIND - MADURAI

1, Anna Nagar, Madurai - 625 020

ARAVIND - THENI

Periyakulam Road, Theni - 625 531

ARAVIND - TIRUNELVELI

Swamy Nellaiappan High Road,
Tirunelveli - 627 001

ARAVIND - COIMBATORE

Avinashi Road, Coimbatore - 641 014

ARAVIND - PONDICHERRY

Cuddalore Main Road,
Thavalakuppam Junction, Pondicherry - 605 007

ARAVIND - DINDIGUL

31A, New Agraharam, Palani Road
Dindigul - 624 001

ARAVIND - TIRUPUR

Dharapuram Main Road,
Chettipalayam Post, Tirupur - 641 608

ARAVIND - SALEM

Kaliyamman Kovil opp,
Sankagiri Main Road, Nethimedu,
Salem - 636 002

ARAVIND - TUTICORIN

Meenakshipuram West, Near Old Bus Stand,
Tuticorin - 628 002

ARAVIND - UDUMALPET

112, Dhalli Road, Opp. Palaniandavar Mills
Udumalpet - 642 126

www.aravind.org



INSTRUCTIONS to Patients undergoing Cataract Surgery

 **ARAVIND**
in service for sight

 **ARAVIND EYE CARE SYSTEM**