

**St. Teresa's Hospital**  
**Eye Centre**  
**Patient Information**  
**Local Anaesthesia Treatment Care**

**Pre-operative care**

1. Report any illnesses.
2. Keep hair and nails clean.
3. Avoid wearing of pullover clothing to prevent touching of eyes after surgery.
4. Do not eat too much on surgery day.
5. Take medication for conditions like asthma, hypertension, diabetes, as usual.

**On Surgery day**

1. Arrive with escort on time.
2. Do not wear accessories.
3. Call our staff if surgery has to be postponed.

**During the surgery**

1. Eye is disinfected and covered with sterilized gauge by nurse before the surgery.  
Do not touch the eye with hands.
2. Do not cough, move the head or body during the surgery. If not feeling well, please notify our staff.

**Post-operative care**

1. Leave with escort with care. No hospitalization is needed.
2. If not feeling well after the surgery, painkiller can be taken.
3. Avoid vigorous exercise. Keep well balanced diet.
4. No food restriction except patient with diabetes or hypertension.
5. Avoid smoking and drinking alcohol.
6. Do not remove the eye dressing and rub the eyes.
7. Avoid water running into eyes during shower and hair wash.
8. Follow doctor's instruction and instill eye drop and ointment on time.
9. Contact doctor immediately if eye pain, red or swollen.
10. Regular follow up.

Follow up visit is arranged on \_\_\_\_\_ at \_\_\_\_\_ by  
Dr. \_\_\_\_\_.