

Eye drop chart for cataract surgery

Fill in the patient's own drop names and start dates before you hand this over. The schedule below is the standard four-week framework. Where the surgeon has written a different frequency, cross the line out and write theirs in. Use one chart per operated eye.

PATIENT NAME	DATE OF BIRTH	OPERATED EYE ☐ RIGHT ☐ LEFT	SURGERY DATE	SURGEON	DATE ISSUED
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DROP SCHEDULE — WRITE THE BOTTLE NAME ON EACH LINE

Timeline	Antibiotic drop Name:	Steroid drop Name:	NSAID drop Name:	Started on
Before surgery 1 to 3 days ahead	4 times daily	Usually not started yet	2 to 4 times daily	
Week 1 Days 1 to 7	4 times daily	4 times daily	4 times daily	
Week 2 Days 8 to 14	3 times daily	4 times daily	4 times daily	
Week 3 Days 15 to 21	Stop — course finished	3 times daily	3 times daily	
Week 4 Days 22 to 28	—	2 times daily, then stop	2 times daily, then stop	

PUTTING A DROP IN

1. Wash and dry your hands before you touch the bottle.
2. Tilt your head back, or rest it against a chair, and look up.
3. Pull the lower lid down to make a small pocket. Do not touch the eye.
4. Hold the bottle 1 to 2 cm above the eye and squeeze in one drop.
5. Close the eye for five minutes and press gently on the inner corner.

THREE RULES THAT PROTECT THE COURSE

- One drop is enough. The eye cannot hold two, so the second one runs down your cheek.
- Leave five minutes between different bottles, or the second drop washes the first one out.
- Never stop the steroid early. Tapering is what prevents rebound swelling.

CALL THE PRACTICE THE SAME DAY

- Pain that gets worse instead of better.
- Vision that drops suddenly or clouds over.
- Redness or discharge that keeps increasing.
- A bottle is finished early or has been dropped on the floor.

Four-week drop tracker



Tick a box each time a drop goes in. The number of boxes on each line is the number of doses due that day, so a line with an empty box at bedtime shows a missed dose at a glance. Bring this page to the follow-up visit.

Day	Antibiotic	Steroid	NSAID
WEEK 1 — DAYS 1 TO 7			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
WEEK 2 — DAYS 8 TO 14			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			

Day	Antibiotic	Steroid	NSAID
WEEK 3 — DAYS 15 TO 21			
Day 15	Course finished		
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
WEEK 4 — DAYS 22 TO 28			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			

Missed a dose? Put it in as soon as you remember. If the next dose is nearly due, skip the one you missed and carry on. Never put two drops in to catch up. Tell the practice if you miss a whole day.