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### Post operative complications of cataract and medical management of post operative complication of cataract patients

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#### ABSTRACT

##### Background

The study aimed to evaluate the postoperative complications of cataract and medical management of post-operative complication of cataract patients. This Randomized retrospective study was conducted at the teaching hospital of Vivekanandha medical care hospital (VMCH), Elayampalayam, Tiruchengode. This study was carried out for the period of 6 months in patients with post operative visual acuities and surgical complications. The data obtained was analyzed to determine the complications and medical management of post- operative cataract patients. A total of 220 patients were included in the study in which 50% accounts for males and 50% accounts for females, and most of the patients were in the age group of 55–65 years. Diagnosis indicates 26.36% of patients were operated for left eye immature cataract surgery, 44.54% of patients were operated for right eye immature cataract surgery and 29.09% of patients were operated for combined left and right eye immature cataract surgery. The post operative complications were identified as Lacrimation (23.63%), Swelling (20%), Redness (30.90%), Pain (18.18%), and Irritation (7.27%). Drug distribution indicates Prednisolone was found to be used highly after cataract surgery with the percentage of (50%) than flubiprofen & hypermellose (35.54%), olopatadine Hcl (9.09%) and sodium chloride (5.45%).Prednisolone was found to be widely prescribed for post operative cataract patients than the other drugs by the doctor for the indications like swelling, redness, pain, and Lacrimation and post operative infection.

**Keywords:** Cataract surgery, Post operative complications, Prednisolone.

## INTRODUCTION

Cataract surgery is the most common surgical procedure in ophthalmology practice, and the number of surgeries is assumed to increase in the future because cataracts are an age-related condition and life expectancy is increasing in most countries [1].

Cataract is the leading cause of curable blindness in India and cataract extraction is the most frequently performed surgery in patients over 55 years of age. To date a number of techniques have been used for cataract surgery, the selection of the method depends on the need of the patient, available technology and expertise of the surgeon [1].

Over the years, the techniques of cataract surgery have evolved into a safe and successful procedure for visual rehabilitation. The incidence of most complications has significantly decreased with better instrumentation and affordable high quality intraocular lens implants [2]. Although cataract surgery is safe for the majority of patients, some complications that involve the anterior and the posterior segment can occur [3].

The current evidence indicates that postoperative pain, when it occurs, can be slight and have duration of only a few hours, but more severe or consistent pain with duration of several days has also been reported. A recent systematic review did not identify any studies with postoperative pain after cataract surgery as a primary outcome measure [1].

This study will provide information regarding the symptoms, treatment and prevention of early post operative complication of cataract surgery.

## MATERIALS AND METHOD

### Study design

A Randomized retrospective Study was conducted in ophthalmology Department at Vivekanandha Medical Care Hospital, Elayampalayam, Tiruchengode. The study was carried out for 6 months (January 2016 – June 2016). The proposal was approved by Institutional Ethical Committee (IEC).

### Study population

In these study 220 patients who had post-operative visual acuities and surgical complications of both male and female (35years to 75years) are included in our study. Severely ill, Neonatal and Pregnancy patient were excluded from the study.

## RESULTS AND DISCUSSION

The study includes 220 patients with post-operative complications in which 50% accounts for males and 50% accounts for females, and most of the patients were in the age group of 35 to 75years. In our study most of the patients are affected with right eye more clouding problems when compared to left eye. Percentage of left eye, right eye, and combined left and right eye immature cataract surgery was found to be 26.36%, 44.54%, 29.09% (Table1).

**Table 1: Percentage of cataract surgery patients (n=220)**

Diagnosis	Number of patients	Percentage (%)
Left eye immature cataract surgery	58	26.36
Right eye immature cataract surgery	98	44.54
Combined left and right eye immature cataract surgery	64	29.09

In our study we have found different types of symptoms in post operative cataract patients which include Lacrimation 23.63%, swelling 20%,

redness 30.90%, pain 18.18%, and irritation 7.27% (Table2).

**Table 2: Percentage of different types of symptoms (n=220)**

Symptoms	Number of patients	Percentage (%)
Lacrimation	52	23.63
Swelling	44	20
Redness	68	30.90

<b>Pain</b>	40	18.18
<b>Irritation</b>	16	7.27

Among drug distributions, the drugs such as Prednisolone 50%, flurbiprofen and hypromellose 35.54%, olopatadine Hcl 9.090% and sodium chloride 5.455% were prescribed. Prednisolone was

utilized more during postoperative care for the indication of Lacrimation, redness, pain, swelling and irritation (Table3).

**Table 3: Drug distribution in post operative patients (n=220)**

Drugs (Eye drops)	Dose	Number of patients	Percentage (%)
<b>Prednisolone</b>	10mg	110	50
<b>Flurbiprofen &amp; hypromellose</b>	0.03% w/v 0.25% w/v	78	35.54
<b>Olopatadine Hcl.</b>	1mg	20	9.090
<b>Sodium chloride</b>	5% w/v	12	5.455

## CONCLUSION

Prednisolone was found to be widely prescribed for the management of post operative cataract

complication patients than the other drugs by the physician for the indications like redness, pain, and lacrimation and post operative inflammation.

## REFERENCES

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