

Noncompliance with Prescribed Eye Drops is to be Addressed in Patients Undergoing Cataract Surgery

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Cataract is the leading cause of blindness worldwide [1-6]. Cataract surgery is one of the most common surgeries in the world [2] so that cataract surgery is the commonest single surgical procedure carried out in the developed world [7].

The prescription of antibiotic and steroid or non-steroidal anti-inflammatory drug (NSAID) eye drops is the standard practice before and after the cataract surgery [1,2,8]. These eye drops may be administered with a different frequency [1,2,8]. The reason for the application of eye drops is a well-established, efficient, convenient, noninvasive technique of delivering drugs to the anterior segment of the eye [1,2,8,9].

However, patient noncompliance with the prescribed eye drops is common in patients undergoing cataract surgery and may result in a less than ideal outcome, with possible complications, such as infection or inflammation, and corneal abrasions from a bottle tip [1,2,8,10]. Some patients are not able to handle the number of drops entering the eye and instilling too many drops, or a stream of drops, may lead to systemic side effects, especially if instillation is not performed by punctal occlusion [1,2,8]. For this reason, wastage and additional costs are also imposed [1,2,8]. In addition, the interval between eye drops is the key for ideal absorption and it may not be followed by the patient [1,2,8].

Several studies have been performed to assess the extent of patient noncompliance before and after the cataract surgery and to recognize contributing factors [1,2,8,11,12]. These studies have shown that noncompliance with prescribed eye drops before and

after the cataract surgery is a widespread problem [1,2,8,11,12]. These results are proving the importance of patient education before and after the cataract surgery [1-3].

In conclusion, although eye care professionals have long been cognizant of the serious obstacles of noncompliance with the prescribed eye drops in patients undergoing cataract surgery, they have not come up with many schemes or protocols to deal with the problem [1-3]. The author urges the clinicians to pay attention to this issue and try their best to address the factors of noncompliance with the prescribed eye drops and then educate their patients through.

Conflict of Interest

The author declares no conflict of interest.

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