

Advice for Patients following Post Op Cataract Surgery

Personal details	Consultant: Surgeon: Date of surgery: Type of operation:
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Patients discharge information:

Take your normal painkiller (if required), but try to avoid aspirin.

Remove your eye shield as advised by the nurse on discharge.

Your eye may feel gritty and watery, do not worry about this, it will subside.

You may clean your eye with cool boiled water, using a small piece of cotton wool or lint. Keeping your eye closed, gently wipe from the inner corner of the eye. Use a fresh piece of lint each time.

Wear your eye shield at night for 7 – 10 days. Place the narrow end of the shield over the bridge of your nose, it can be held in place with a piece of tape.

Eye Drops / Tablets:

Drops to be used 4* 6* **(*delete as applicable)**
times per day until reviewed in clinic

Tablets to be used YES* / NO* **(*delete as applicable)**
As instructed on the bottle / by staff

Use your eye drops as prescribed by the hospital Doctor.

A repeat prescription for your drops should be obtained from your G.P. (a bottle of drops should last for at least 3 weeks).

If you are on any other eye drops (**i.e for Glaucoma**) and the times for the drops are the same, please leave a gap of 5 mins between

them. You should not stop other drops unless advised to do so by the Consultant / Doctor. **If unsure please ask.**

Do not stop your drops until the Doctor / Nurse in the Eye Clinic tells you to do so. Please ask at your follow up appointment.

Further information:

- Bending - No prolonged bending for more than 5 minutes for the next 7–10 days.
- Hair washing – for first 7–10 days, back washing or shower is acceptable.
- Shower / Bathing is acceptable with care.
- G.P. letter to be taken to surgery within one week.
- Remember to keep your eye clinic appointment; this will be posted to you. Do **not** drive yourself to this appointment.

If you have any other queries, please do not hesitate to ask the staff and they will be happy to help.

The nursing staff would like to express their good wishes to you for a speedy recovery at home, following your eye operation.

If for any reason you are worried about your eye, please do not hesitate to contact the nurse in charge on the telephone numbers on the following page:

Day Surgery Ward:

(01384) 456111 Ext 3619

Mon – Fri 8.00am – 6.00pm

Eye Clinic:

(01384) 456111 Ext 3633

Mon – Fri 8.30am – 5.00pm

Out Of Hours:

URGENT: Please visit the emergency department

Non- Urgent: Please leave a message on

(01384) 456111 ext 1842

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