

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, but 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 seven to ten 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 four* six* **(*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 general practitioner (GP) (a bottle of drops should last for at least three weeks).

If you are on any other eye drops (**e.g. for glaucoma**) and the times for the drops are the same, please leave a gap of five minutes between them. You should not stop other drops unless advised to do so by the consultant / doctor. **If you are 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 five minutes for the next seven to ten days.

- Hair washing – for first seven to ten days, back washing or a shower is acceptable.
- Showering / bathing is acceptable with care.
- Remember to keep your eye clinic appointment; this will be posted to you. Do **not** drive yourself to this appointment.

Driving

The Driver and Vehicle Licensing Agency (DVLA) stipulates / recommends that a person can drive their car if they can read a standard number plate at 20 metres with both eyes open. More than 90 percent of patients will have this vision within 48 hours of cataract surgery. However, people vary in their recovery times after cataract surgery. Vision after surgery also depends on any other eye conditions they have. There cannot be one standard piece of advice that applies to all patients. It is recommended that patients discuss their driving vision on their first follow-up visit in clinic, which may be two to four weeks after cataract surgery. If you are at all concerned as to whether you are legally able to drive before the follow-up visit, please consult your optician as they are aware of the DVLA requirements for driving.

What if I have any problems or questions after reading this leaflet?

Please contact either:

The Day Surgery Ward:

(01384) 456111 ext. 3619 (area 1) or 1886 or 1842

Monday – Friday, 8.00am – 6.00pm

Or

The Urgent Referral Clinic team at Russells Hall Hospital Eye Clinic on **01384 456111 ext. 3633** (9am to 4.30pm, Monday to Friday).

Eye emergency, out of hours

In case of an eye emergency after the closing hours of the Eye Clinic at Russells Hall Hospital (including weekends and bank holidays), please contact:

Birmingham and Midland Eye Centre on 0121 507 6780

The doctor on call is usually based at the Eye Centre, City Hospital, Dudley Road, Birmingham. They may need to call you back, and if necessary, they will arrange for you to visit them.

If your concern is urgent, please attend your nearest Emergency Department (ED, maybe known as A&E).

Note: The information in this booklet is provided for information only. The information found is **not** a substitute for professional medical advice or care by a qualified doctor or other health care professional. **Always** check with your doctor if you have any concerns about your condition or treatment. This is only indicative and general information for the procedure. Individual experiences may vary and all the points may not apply to all patients at all times. Please discuss your individual circumstances with your eye doctor.

Author: Sister D Cooper, Sister D Roch, Mr S Shafquat FRCS FRCOphth.

This leaflet can be downloaded or printed from
<http://dgft.nhs.uk/services-and-wards/ophthalmology/>

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji
audio lub w innym języku. W tym celu zadzwoń pod
numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ
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0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

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caractere mari, versiune audio sau în alte limbi,
pentru acest lucru vă rugăm sunați la
0800 073 0510.

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