

OPHTHALMOLOGY

Information for Patients following Cataract Surgery in the Limpsfield Day Case Unit

*This information will help you understand what
you need to do after your surgery*



FOLLOWING CATARACT SURGERY

Always ensure that you wash your hands thoroughly before and after using eye drops or ointment.

Remove your eye pad as directed by the doctor. This protects your eye after surgery, keeps the eye closed for a few hours to help it heal. Your eye maybe bloodshot, gritty and watery for a few days - this is normal.

If needed, clean the eye with warm water as follows:-

- ❖ Boil some water and wait for it to cool
- ❖ Pour it into a clean bowl/jug
- ❖ Using a cotton pad, folded tissue or clean flannel dipped into the water
- ❖ Close the eye and gently wipe from the nasal area outwards
- ❖ If the eye needs another wipe use a fresh pad/tissue.



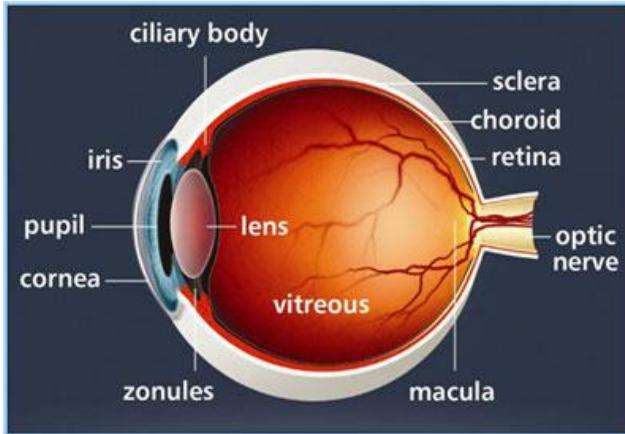
Tips for Putting your Eye Drops in Your Eye:-

- ❖ Tilt your head backwards or lay down
- ❖ Gently pull the lower eyelid down and look upwards
- ❖ Rest the bottle on the bridge of the nose and **gently** squeeze the bottle to allow one drop to fall in the lower lid
- ❖ If using ointment, follow steps above and ensure a small amount is put in
- ❖ Try not to let the bottle nozzle touch the eyelid or eyes

Important – please follow the instructions for your eye drops as specified on your eye medication card

Please contact your GP if your supply of eye drops runs low so that they can give you a prescription for further medication





General Information for Patients

- ❖ Do not rub or touch your eye, and you should not participate in contact sport or swimming until after your follow-up appointment. ***Other than this, you can continue with normal daily activities e.g. hair washing, showering etc.***



- ❖ As long as you can see well enough there is no medical reason to stop you driving the next day but you must be able to read a number plate at the DVLA requirement of 66 feet. Do not drive if you have glare, light sensitivity or imbalance of focus. You may wear your glasses if needed or dark glasses if sensitive to light after surgery.
- ❖ New glasses may be required from the optician once the eye is healed in six to eight weeks. If you are waiting to have your second eye operated on for cataract it may be best to wait until after this is done. Sometimes over the counter reading glasses e.g. from the chemists or supermarkets, may be useful as a temporary measure.
- ❖ Your next Outpatient Appointment will be sent in the post if specified by the Consultant. You will be seen in the OUTPATIENTS CLINIC on the GROUND FLOOR for this appointment.



- ❖ Not all patients will be seen in the clinic as some patients will receive a telephone check-up instead of a follow-up appointment at the Hospital. The time of this telephone check will be given to you when you are discharged from the ward after your surgery.

If you experience any discomfort/and or grittiness following your eye surgery, take paracetamol or your regular pain relief medication.

However, if your eye becomes sticky, painful or your vision deteriorates within the next 14 days, IMMEDIATELY contact the Eye Clinic on 01737 768511 ext 6679 during the daytime. You can contact the Hospital switchboard evenings and week-ends on 01737-768511. Please ask for the On-Call Ophthalmic Doctor.

Queries or Concerns: Please speak to one of the nurses if there is anything you are unsure about. We are here to help you.



For any other queries on the instructions about discharge from the Eye Unit, please ring Limpsfield Eye Unit direct on **01737 231672**

**FEED BACK FORMS ARE BESIDE THE
EXIT DOOR. PLEASE FEEL FREE TO
LEAVE YOUR COMMENTS**

Alternatively you can log on to our website and leave comments online with "Patient Opinion" on www.surreyandsussex.nhs.uk

Thank You

Sister
Limpsfield Ophthalmology Daycare Unit
Surrey and Sussex Healthcare NHS Trust, East
Surrey Hospital

May 2013



PALs: Patient Advice and Liaison Service

How can I contact PALs? The Team is based at East Surrey Hospital but the service covers all sites within the Surrey and Sussex Healthcare NHS Trust.

- You can visit us at East Surrey Hospital, Monday-Friday 0930 – 5pm
- Phone PALs on **01737 231958** (all sites)
- Email PALs [**pals@sash.nhs.uk**](mailto:pals@sash.nhs.uk)
- Write to PALs at the address below

Surrey and Sussex Healthcare NHS Trust
East Surrey Hospital
Redhill
RH1 5RH

Tel: 01737 768511

www.surreyandsussex.nhs.uk

This information can be made available in other languages and formats, including larger text. Contact 01737 231958 for help:-

我們可以提供這些資料的中文譯本和其他版本，包括大字體版。請致電01737231958要求協助。

CHINESE

આ જાણકારી મોટાં લખાણ સહિત, અન્ય ભાષાઓમાં અને ફોર્મેટમાં ઉપલબ્ધ થઈ શકશે.
મદદ માટે 01737231958 પર સંપર્ક કરો.

GUJARATI

NINIEJSZE INFORMACJE MOŻNA OTRZYMAĆ W INNYCH JĘZYKACH I FORMATACH, NP. DUŻYM DRUKIEM
DZWONIĄC POD NUMER 01737231958

POLISH

PODEMOS DISPONIBILIZAR ESTA INFORMAÇÃO NOUTRAS LÍNGUAS E NOUTROS FORMATOS, INCLUINDO
TEXTO GRANDE CONTACTE O 01737 231958 PARA RECEBER AJUDA

PORTUGUESE

یہ معلومات دوسری زبانوں اور صورتوں میں مل سکتی ہے، جس میں بڑے حروف میں
عبارت شامل ہے۔ مدد کے لئے 01737 231958 پر فون کریں۔

