

Information for Patients Following Cataract Surgery

How to contact the eye department after surgery

In regular hours.

For post surgery queries or problems phone the:

Eye Triage Team 01392 402399

Monday - Friday between 09:00 and 16:00, this line may be busy at peak times so you may need to call back later.

Alternatively you can leave a **call back request** with **Parkerswell ward staff on 01392 406013**. Monday - Friday between 07:30 and 17:00.

Outside of normal eye department working hours.

Between 17:00-07:30 for **emergencies and urgent queries only** please call **Otter ward on 01392 402807**. Please be aware that Otter ward is an inpatient area and they will take your phone number and call at a point when the patient workload is safe to do so.

If you have a non-urgent specialist query the staff may need to take your details for a **call back request** by the eye triage team in normal working hours.

An appointment will be sent to you in

..... weeks

No follow up is required.

See your optometrist 6 weeks following surgery.

You will be listed for cataract surgery to the other eye.

Following a cataract operation

- We suggest you go home and take things easy for the rest of the day.
- You will have one eye covered with a plastic eye shield.
- Four hours after your operation we would like you to remove the shield and any dressing. These can both be thrown away.
- Please then bathe the eyelids with cooled boiled water and clean cotton wool.
- Make sure you wash your hands before and after bathing your eye.
- You then need to start your eye drops as instructed.

- If you normally use eye drops for dry eye, please continue these but start a fresh bottle.
- If you normally use eye drops for glaucoma, please continue these but start a fresh bottle. Leave 5 minutes between drops.
- If you have blepharitis, continue with your lid hygiene but be gentle.

It is common for some eyedrops to burn or sting on instillation. You should continue your drops as prescribed. However, if your discomfort seems to be worsening, please contact the Eye Unit. Burning/stinging or a gritty feeling may also be a symptom of dry eyes and artificial tears can be used. These are available from any pharmacy.

What is normal for the next few days?

- Your eye may feel sore or tender.
- You may feel as if there is something in the eye like a lash or piece of grit.
- You may have a slight headache.
- The white of the eye may look red. This may last for up to 2 weeks.
- The eyelids may be puffy or bruised.
- The eye may be watery and have some mucous in the corner.
- You may experience a flickering sensation.
- You may find lights very bright.
- You may experience double vision in the first 24 hours.
- The pupil of the eye may remain dilated for 1-2 days.

- You may be aware that the vision is not balanced.
- You may be more aware of floaters.

All of these things should gradually improve, **NOTHING SHOULD GET WORSE**. If you are at all worried about your eye, you should phone the Cataract Unit immediately.

What is not normal after a cataract operation?

- Pain in or around the eye or a throbbing ache not eased by simple pain killers such as paracetamol.
- If your eye is sticky with a yellow discharge.
- If the eye becomes increasingly red.
- If the eye is feeling gritty and this is getting worse.
- If your eyesight gradually becomes more blurred or there is a loss of vision.
- If you cannot tolerate bright light and this is getting worse.
- Feeling sick in the first 24 hours after the operation.

If you have any of these problems, you must ring the Eye Unit immediately. Please be prepared to come back for a check-up that day.

You should have enough drops to last you a month. You can get a repeat prescription from your General Practitioner (GP). Occasionally people are allergic to the drops. If your eye becomes red, waters a lot or the eye lids swell after you have started using the drops, please ring the eye triage team **or** Parkerswell daycase unit for advice.

General guidelines following a cataract operation

- Lying on your side in bed, reading or watching television does not harm the eye.
- You cannot strain the eye or wear it out by using it or wearing the wrong prescription glasses.
- Try not to rub or knock the eye after surgery but you may gently wipe or dab around the eye.
- Be careful not to get anything dirty or dusty in the eye whilst on the drops, such as from DIY or gardening.
- You may shower after 24 hours but avoid getting anything in the eye that might irritate it such as soap or shampoo.
- You may use eye make-up with care four weeks after the operation.
- If you enjoy specific hobbies or activities, please ask for advice.
- Most people find that their distance vision improves after surgery. You could try wearing an old pair of prescription glasses or buy an off the shelf pair of reading glasses. Some people may need correction for their distance vision. You will be able to get a new prescription for between 4-6 weeks after your operation.
- As long as you meet the DVLA eyesight requirements, i.e. to be able to read a number plate at a distance of 20 metres, you should be able to drive 48 hours after your surgery. However, your unoperated eye must have full field of vision. Therefore, if the unoperated eye has any eye disease you should discuss the issue of driving with the doctor who assesses you prior to surgery.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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