



Queen Victoria Hospital
NHS Foundation Trust

Discharge care plan Cataract surgery

PATIENT COPY

**(To be completed by your named nurse and
given to you to take home on discharge)**



Patient Details

Affix Patient Label

Discharge date: _____

Further appointments: _____

Name of discharge nurse:

You have been treated in the hospital for:

Right

Left

Medication to take home

See eye drop chart _____

NOTE: Please continue your own medications as directed by your Doctor. Please do not stop taking your regular eye medication unless otherwise indicated by your doctor.

When can I remove my eye shield?

Your eye shield should remain in place until tomorrow morning or can be removed the same day as the surgery as indicated by your doctor. This is to protect the eye and prevent you involuntarily rubbing the eye. You may then remove it at home yourself.

Wash your eye shield in soapy water, rinse and dry thoroughly. Place in the bag provided.

Continue to wear your eye shield at night for a further 2 weeks (see instructions).

How do I look after my eye?

It is important that the eye area is kept very clean to reduce the risk of infection. Make sure you wash your hands before touching the eye area, and ensure anything used for your eye is clean. To dry your eye, following instilling the drop, you will need to use a clean tissue each time.

Sticky Eyelids

If your eyelids look or feel sticky you may clean your eye using cool boiled water and the cotton pads before applying your eye drops. Gently wipe from the inner corner to the outer corner of the eye.

When may I resume my normal activities?

You may continue gently with your daily activities, but you should avoid heavy lifting, bending or excessive exercise for the first 2 weeks following surgery or as advised.

Spectacles

Change of spectacles will be discussed at your follow-up appointment or you can see your optician for new glasses 4 weeks after surgery has been completed on both of your eyes.

Follow-up appointment:

An appointment will be arranged for you to come back 6 weeks after your operation. Please do not drive yourself to this appointment as your eyes will be dilated, resulting in blurred vision.

It is important that you attend your follow-up appointment. Should the time of the appointment become unsuitable please call the Corneo

Appointments team on the number provided.

Important information

It is expected to experience the following symptoms following your surgery:

- a red eye
- sensitivity to light
- visual disturbances such as blurry or misty vision
- floaters and gritty eye

These symptoms are expected to gradually improve. However in the event of experiencing worsening of any the following symptoms:

- Redness
- Sensitivity to light
- Vision loss or reduction
- Pain

Please contact us immediately on:

Eye Clinic: 01342 306782

Ross Tilley Ward: 01342 414451

Switchboard: 01342 414000

See RSVP Sheet

Eye Drops

If you do run out of your eye drops before your follow-up appointment, contact the Eye clinic another prescription.

HOW TO USE YOUR EYE MEDICATION

DROPS:

- IN ORDER TO KEEP THE EYE DROPS CLEAN, DO NOT ALLOW THE DROPPER TIP TO TOUCH THE EYE OR ANYTHING ELSE.
- IF USING MAXIDEX SHAKE AND TAP THE BOTTLE PRIOR TO USE.
- ONLY ONE DROP IF REQUIRED.
- DO NOT ALLOW OTHER PEOPLE TO USE YOUR EYE DROPS.
- DISCARD EYE DROPS AFTER ONE MONTH.

APPLICATION:

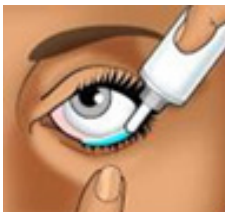


- WASH YOUR HANDS.
- SIT OR LIE COMFORTABLY WITH HEAD TILTED BACKWARDS, LOOKING AT THE CEILING.
- GENTLY PULL DOWN THE LOWER LID WITH ONE FINGER TO FORM A SAC.
- HOLDING THE EYE DROPS IN YOUR OTHER HAND, BRING THE DROPPER CLOSE TO THE EYE AND SQUEEZE ONE DROP INTO THE SAC.
- CLOSE THE EYE AND BLOT EXCESS SOLUTION WITH A CLEAN TISSUE.
- REPLACE THE CAP OF THE EYE DROPS IMMEDIATELY AFTER USE.

OINTMENT:

- A SMALL AMOUNT OF OINTMENT SHOULD BE SQUEEZED OUT AND DISCARDED IMMEDIATELY BEFORE EVERY APPLICATION TO ENSURE STERILITY.
- DISCARD EYE OINTMENT AFTER ONE MONTH.

APPLICATION:



- WITH HEAD IN FAIRLY UPRIGHT POSITION, GENTLY PULL DOWN THE LOWER LID WITH ONE FINGER TO FORM A SAC.
- SQUEEZE A HALF INCH RIBBON OF OINTMENT INTO THE SAC FORMED.

CLOSE EYE FOR 5 MINUTES BY THE CLOCK BETWEEN EACH DROP

GUIDELINES FOR REDUCING EYEDROPS

Right eye

Drug	Breakfast	Lunch	Dinner	Bedtime

Left eye

Drug	Breakfast	Lunch	Dinner	Bedtime

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R.S.V.P.

REDNESS

SENSITIVITY

VISUAL DISTURBANCE

PAIN

Following your discharge from hospital after the operation it is very important that you look at your operated eye daily and check for any of the above symptoms.

PLEASE telephone the EYE CLINIC between 09:00am-5:00pm on 01342 306782 if your symptoms become worse Or out of hours call ROSS TILLEY WARD: 01342 414451 or SWITCHBOARD: 01342 414000 for advice / to arrange to be seen by the doctor.

Special Instructions

1. Do not rub the eye for 2 weeks. As your eye heals it may become itchy.
2. Do not lift anything heavy for 2 weeks
3. Do not do any strenuous exercise for 2 weeks
4. Do not bend excessively for 2 weeks. You are allowed to bend down for light activities.
5. Do wear sunglasses in sunny weather
6. Avoid smoky or dusty environments
7. Use your drops as per discharge notification
8. If you do run out of your eye drops before your follow-up appointment, contact the Eye clinic.
9. If your eyelids look or feel sticky, clean your eye using cool boiled water with cotton pads, before putting in your eye drops.
10. Do not wear eye make up for 2 weeks

Common Questions:

Q: How soon can I expect to have good vision?

This is variable from patient to patient. Some patients may obtain good vision within 24 hours and others may take longer. This is dependent on each individual's response to healing.

Q: How long should I remain off work?

Usually one or 2 days depending on the type of work you do. You may return to work as soon as you are comfortable. Please do make sure you take your eye drops as prescribed when returning to work.

Q: How soon can I drive after my procedure?

This is dependent on the vision in the non-operated Eye and the doctor's instructions. Please follow your car insurance and the DVLA guidelines as you are expected to read a number plate at 20 meters.

Q: When can I go swimming?

After 4 weeks.

Q: When can I return to playing sports?

You may return to all your sporting activities after 2 weeks following surgery. Please do wear protective eye wear for contact sports.

Q: When can I fly?

You are able to fly within a day of surgery. However, it is best to be in the country for 2 weeks following your procedure, for us to assist with any post-operative problems when needed. After that period you are able to fly short or long haul.

Q: When can I use eye make- up?

Avoid mascara for 2 weeks

All other make-up can be used 2 days following surgery

Q: When can I wash my hair?

One week after the operation. Backwash only, this will avoid getting any shampoo in the eye. Do not use hairspray, perms or tints as this could cause irritation and inflammation. Avoid hood dryers.

Q: Can I shower following my surgery?

You can take a shower following your surgery, providing you keep eye covered with a clean cloth to prevent any soap or water entering the eye. Please avoid aftershave.

Further Queries:

If you are concerned about any aspect of your treatment, please contact:

Eye Clinic Reception: 01342 414470 / 4166 / 4038
(appointments only / rearranging appointments)

Eye emergencies only: 01342 306782 between
09.00am-05.00pm Monday to Friday

Ross Tilley Ward: 01342 414451 Out of hours

Switchboard: 01342 414000 Out of hours

If you'd like to find out how you can support QVH,
please visit www.supportqvh.org



Please ask if you
would like this leaflet
in larger print or an
alternative format.

Corneoplastic Unit
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