



Queen Victoria Hospital  
NHS Foundation Trust

# Discharge Care Plan Corneal Surgery

Discharge Lounge

**PATIENT COPY**



Patient Details

Affix Patient Label

**Further appointments:** \_\_\_\_\_

You have been treated in the hospital for: \_\_\_\_\_

Medications to take home

See eye drop chart.

It is important that you do not run out of your medication.

Please ask your GP for another prescription if needed.

**NOTE: Please continue your own medications as directed by your doctor.**

## Ward name, telephone number and extension:

Should you have any questions or concerns please do not hesitate to contact us:

### **For enquiries out of hours, weekends and bank holidays:**

#### **Ross Tilley Ward**

Tel: 01342 414451

#### **Switchboard**

Tel: 01342 414000

#### **Eye Emergencies:**

**01342 306782**

between 09:00- 17:00

## Special Instructions

1. Do not rub the eye
2. Do not lift anything heavy
3. Do not wear eye make up / aftershave
4. Do not bend excessively
5. Use your drops as per discharge notification
6. If you do run out of your eye drops, please go to GP for another prescription
7. If your eyelids look or feel sticky, clean your eye using cool boiled water with cotton pads, before putting in your eye drops.
8. For Corneal rings and Corneal Cross Linking, we expect you to experience pain after surgery and temporary blurred vision for a couple of days. Please take regular pain relief. **If pain or vision worsens, contact the clinic immediately.**

**Please do not drive to your follow up clinic visit as your eyes may be dilated.**

## Other important information

1. Wear your eye shield at night for 2 weeks. Please be aware that you need to buy surgical tape to secure the shield. This will not be provided by the hospital.
2. Wash your hands and keep all things used for your eye extra clean.
3. On removing the eye shield wash in soapy water, keep it in a dry and clean place.
4. Do wash your hair backwards rather than forwards.
5. Do gently carry on with your daily activities.
6. Any change in eye condition as indicated on the RSVP page, please contact the ward immediately.

## Additional information:

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## Community Care / Resources:

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# 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.
- DO NOT ALLOW OTHER PEOPLE TO USE YOUR EYE DROPS.
- DISCARD EYE DROPS AFTER ONE MONTH

## **APPLICATION:**

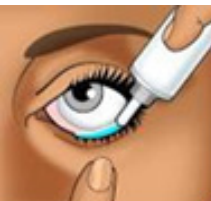


- WASH YOUR HANDS.
- SIT OR LIE COMFORTABLY WITH HEAD TILTED BACKWARDS, LOOKING AT THE CEILING.
- GENTLY PULL DOWN THE LOWER LID WITH ONE FINGER TO FORM A SAC.
- HOLDING THE EYE DROPS IN YOUR OTHER HAND, BRING THE DROPPER CLOSE TO THE EYE AND SQUEEZE ONE DROP INTO THE SAC.
- CLOSE THE EYE AND BLOT EXCESS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

<b>Right Eye</b>				
Drug	Breakfast	Lunch	Dinner	Bedtime
<b>Left Eye</b>				
Drug	Breakfast	Lunch	Dinner	Bedtime

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

Corneo plastic unit  
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