

Day surgery unit

Going home after iStent Trabecular Bypass Stent Implant and Cataract Surgery

Banda label

This leaflet gives you important information to help you recover after having an iStent trabecular bypass stent implant and cataract surgery.

The day of surgery

After surgery, your eye may feel uncomfortable. You can take pain relief such as paracetamol or ibuprofen (unless you have other health problems that prevent this) or use your usual pain relief medicine. Ask for advice if you are not sure.

Your eye dressing will stay in place until the next day.

Cleaning the right / left eye (the next day)

Only do this once, in the morning after surgery.

- Wash your hands.
- Remove the eye dressing. **Keep the plastic eye shield for night-time use.**
- Pour the saline solution over the cotton wool balls.
- Take one cotton wool ball at a time and squeeze it to remove any



Patient Information

excess solution.

- With your eyes closed, wipe the eyelids gently from the bridge of the nose outwards. Discard the cotton wool ball after each wipe. **Do not** press on the eye.
- Repeat until the eyelids look clean.
- Wash your hands again.
- Put in the drops as instructed.

Follow-up appointments

You will have follow-up appointments as follows:

- 1st appointment - the **next day** at _____ **Hospital**.
- 2nd appointment – One **week later**.
- 3rd appointment - **one month later**.

You may need extra appointments depending on how your eye pressure changes after the surgery.

All future appointments will be arranged from then on.

If you have any questions, please write them down and bring the list with you.

Eye pressure

Your eye pressure is expected to go down after surgery, but you will not feel any different. This may not happen straight away, as several factors can affect it. The pressure lowering effect of the surgery is usually assessed a few weeks later.

Eye drops: right eye / left eye

The drops for your operated eye will be **different**. In most cases, you will also need to continue glaucoma drops unless advised otherwise.

Any drops you use in the other eye **must** be continued as normal.

Patient Information

You will be given guidance about your eye drops. The chart below will help you remember when to put them in. If you need more drops, please get fresh supplies from your GP.

Medication Name	8 am	10 am	12 Noon	2 pm	4 pm	6 pm	8 pm	10 pm

Please note: Keep a gap of at least 10 minutes between different drops in the same eye. Putting more than one drop in at the same time can dilute them and reduce their effect.

Please bring all your medicines with you to every appointment.

Eye shield

Wear the eye shield **every night** for the first **4 weeks** after surgery. This is to make sure you do not accidentally rub your eye while you sleep. Secure it with surgical tape.

Caring for your eye shield

- Wash the eye shield in warm running water with soap.

Patient Information

- Rinse it well and dry with a clean tissue.

What you can do

- Walk as normal but take extra care on stairs.
- Take things easy for at least 2 weeks, then slowly return to your usual activities over the next 4 weeks.
- Watch television or read, as much as feels comfortable.
- Wear sunglasses outside in windy weather or bright sunshine.
- Keep sexual activity gentle (for example, just a kiss and a cuddle) until your eye has healed.

What you should avoid

- Touching your eye, do not rub, press or bump it.
- Bending, stooping or lifting heavy weights.
- Housework or cleaning, including using the vacuum cleaner.
- Gardening until your eye has fully healed.
- Sports, swimming or physical exercise. Goggles should be always worn for swimming after this operation. Remember to break the seal frequently.
- Exposure to smoke, dust or fumes.
- Crowded areas such as public transport during busy times, pubs, parties, where your eye could be knocked.
- Eye make-up until advised it is safe.
- Getting water in your eye. Shower from the neck down. Do not wash your hair for the first week. After that backwash, your hair to avoid getting soap or shampoo in the eye.
- Driving for 3 to 4 weeks or until your eye specialist says it is safe..

Travelling Abroad

Flying a few days after your procedure is usually safe. However, it is best to wait until your first follow-up appointment before travelling abroad, in case any urgent care is needed.

Patient Information

Contact the hospital immediately if you notice:

- Your eye becomes more red or more painful than on the day you went home.
- Swelling around the eye.
- Your eye develops a sticky discharge.
- You have a sudden loss of vision.
- Your vision starts to get worse.

More questions

For administrative queries, please contact:

Glaucoma secretaries:

Michelle Donnelly / Jackie Banwell: Tel: 024 7696 6502

Failsafe Officer/Glaucoma Support Team:

Resha Wilmot: Tel 024 7696 6528

University Hospital Coventry

Ophthalmology Day Case Unit

Monday to Friday, 7.30am - 5.30 pm

Tel: 024 7696 5923/6852

Rugby St. Cross

Day Surgery Unit

Tel: 01788 663264/26852

Emergency eye appointment contact details are on the last page.

Letter for your GP

You will be given a letter to take to your GP. If you are unable to deliver it yourself, we can post it for you.

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6868/6852 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History

Department:	Day surgery unit
Contact:	26852
Updated:	August 2025
Review:	August 2027
Version:	4
Reference:	HIC/LFT/1972/15

Emergency eye appointments: New booking system

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



Scan the QR code or visit www.uhcw.nhs.uk and search Eye Emergency Referral Service. You can book a telephone consultation via this link.

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

If you feel you cannot wait to speak to someone or do not have online access then you may call 0247 696 4800.

This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays) and 9am - 12pm (Saturday).

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.