

Patient Information

Day surgery unit

Going home after Needling of Bleb and an Injection of Fluorouracil (5FU)

Banda Label

This leaflet gives you important information to help you recover.

Today

Most people do not need a dressing after the procedure if the eye is numbed with drops only. You may have an eye pad if you had a local anaesthetic injection (block).

If you have an eye pad, **remove** it after 4 hours.

Important: If you are discharged with an eye pad, you must **not drive**.

You may notice irritation at the injection site for a few days.

If needed, take pain relief such as paracetamol or ibuprofen (if this does not conflict with any other medication or health problems you have.)

Your eye may be red and watery for up to 2 weeks.

- Your vision may be blurred for a few days.



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- Use the eye drops as instructed.

Cleaning the right eye/left eye

- Wash your hands.
- Remove the eye dressing.
- Dip a sterile cotton wool ball into cool, previously boiled water. Squeeze out the excess water.
- Gently wipe your eyelids from the bridge of the nose outwards. Use a clean cotton wool each time.
- Be careful not to press on the eyeball while cleaning.
- Repeat until your eyelids look clean.
- Wash your hands again.
- Put in the drops as instructed.

Eye drops

Your hospital staff will give you instructions about your eye drops. The following chart will help you remember when to put them in.

Continue using your glaucoma drops in your other (unoperated) eye as usual. Stop using any eye drops you were previously using in the operated eye.

Right Eye

Medicine name	8 am	10 am	12 Noon	2 pm	4 pm	6 pm	8 pm	10 pm

Left Eye

Medication name	8 AM	10 AM	12 NOON	2 PM	4 PM	6 PM	8 PM	10 PM

What can you do?

- Most normal daily activities
- Walk (take care on the stairs)
- Watch television
- Read
- Bend and move around the house in a normal way
- Wear sunglasses outside if it is windy or very bright and sunny
- Sexual relations should be limited to a kiss and a cuddle until the eye is healed

What should you avoid?

- Rubbing your eye
- Any vigorous activity, including contact sports, squash, badminton, swimming, gardening and vacuum cleaning.
- Driving until you are able to read the new style car number plate at 20 metres and the eye is comfortable.
- Eye make-up for 3 weeks.

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- Splashing water in your eye (shower from the neck down and back-wash your hair for the first week to avoid getting soap or shampoo in the eye).
- Dusty or smoky environments.

Travelling abroad

Flying a few days after your procedure is generally safe.

It is best to wait until your first appointment before travelling abroad, in case an emergency happens.

Contact the hospital if:

- Your eye becomes **more red** or **painful** than on the day you went home.
- Your eye develops a sticky discharge.
- Your vision starts to get worse.
- Your eyelids become swollen.

Contact Numbers

University Hospital Coventry

Ophthalmology Day Case Unit

Monday to Friday, 7.30am - 5.30pm

Tel: 024 7696 5923

Sister Mary Jane Oca (Monday to Thursday)

Glaucoma Nurse Specialist Tel: 024 7696 6491

Mrs. R. Robinson's Secretary 024 7696 6502

Mr. A Bansal's Secretary 024 7696 6501

Ms. S. Turner's Secretary 024 7696 6508

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Emergency eye appointment contact details are on the last page.

Follow-up

Your appointment will be in ...days at..... Hospital

If you have any questions, it may help to write them down and bring the list with you. Please bring all your medication with you to your appointments.

All future appointments will be arranged from this clinic.

Letter for your GP

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

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

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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.

In the event that 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.