

## Day surgery unit

# Going home after combined cataract and trabeculectomy surgery

### Banda Label

This leaflet gives you important information to help you recover from combined cataract and trabeculectomy surgery.

## The day of surgery

Your eye dressing will remain in place until the following day.

You have had major surgery and are therefore advised **not to drive**.

## 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 nighttime use.**
- Pour the saline solution over the cotton wool balls.
- Take one cotton wool ball at a time and squeeze it to remove any excess solution.
- With your eyes closed, wipe the eyelids gently from the bridge of the



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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

Your first appointment will be the **next day at.....Hospital**. Your second appointment will be the next week. All future appointments will be arranged from then on.

**Please bring all of your medicines with you to your appointment.** If you have any questions, it may help to write them down and bring the list with you.

## Eye Drops: right eye / left eye

You will receive guidance about which eye drops to use and how often to use them. To help you remember, please use the chart below to record when to put your drops.

<b>Medicine name</b>	<b>8 am</b>	<b>10 am</b>	<b>12 Noon</b>	<b>2 pm</b>	<b>4 pm</b>	<b>6 pm</b>	<b>8 pm</b>	<b>10 pm</b>

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Please note: **Keep a gap of at least 10 minutes between different drops in the same eye.**

### 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.
- Rinse it well and dry with a clean tissue.

### What you can do

- Walk as normal but take extra care on stairs.
- Arrange for someone to stay with you for the first 2 to 3 weeks after the operation.
- Take it easy for at least 2 weeks then slowly return to normal activities the next 4 to 6 weeks.
- You can watch television if it feels comfortable.
- Read as much as it feels comfortable.
- Wear sunglasses outside if it is windy or very bright and sunny.
- You should limit sexual activity to gentle affection, such as a kiss or cuddle, until your eye has fully healed.
- Wear the shield provided at night for the first four weeks after surgery.

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- Bathe or shower from the neck down and wash your face using a clean flannel or cloth. Be careful not to splash water or get soap or shampoo in your affected eye.

## What to avoid for the first 6 weeks

- Bending, stooping, or lifting heavy weights.
- Housework, cleaning or using a vacuum cleaner.
- Sports, swimming, or physical exercise. Goggles must always be worn for swimming after this operation and remember to break the seal frequently.
- Smoke, dust or fumes.
- Crowded places, such as public transport at busy times, pubs, or parties.
- Wearing eye make-up.
- Driving for 3 to 4 weeks.
- **Making travel plans without discussing them with your surgeon first.**
- **Washing** your hair for the first week. After this, backwash your hair to avoid soap or shampoo getting into your eye.

## Contact the hospital if:

- Your eye becomes more red or more painful than it was when you went home.
- The vision stays blurred for more than a few days.

## Contact numbers

### 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

## Patient Information

Emergency eye appointment contact details are on the last page.

### 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 us on 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](http://www.uhcw.nhs.uk/feedback)



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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](http://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.