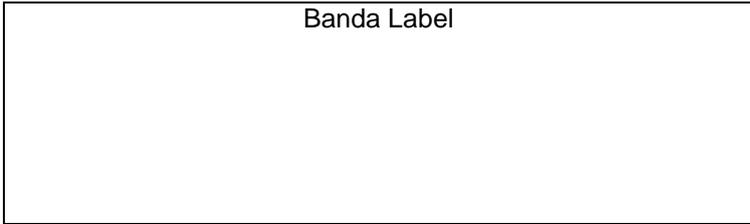


## The Eye Unit Department of Ophthalmology

Banda Label



## Going home after removal of Explants

**This booklet aims to give you the information you need whilst recovering following the removal of Explants.**

### The Day of Surgery

You may experience some discomfort. Take pain relief, such as paracetamol, ibuprofen (unless any health problems prevent this), or your usual pain relief medication. Please ask for advice if you are not sure.

You will be discharged home with a dressing covering your eye  
This dressing needs to remain in place until the following morning, when you can remove it and cleanse the eye taking the following steps.

### Cleaning the Eye

- Wash your hands.
- Remove the eye dressing.
- Dip cotton wool into cool previously boiled water and squeeze to remove excess water.
- Wipe the eyelids gently from the bridge of the nose outwards. Discard after each wipe.
- Repeat until the eye lids appear clean.



## Patient Information

- Wash your hands.
- Use the drops as instructed.

## Follow Up Appointments

Your first appointment will be the in the next week  
All subsequent appointments will be arranged from then on.

Please bring your eye drops with you to your appointments.  
If you have any questions, please make a list and bring it with you.

## Eye Drops: Right Eye/Left Eye

You will receive guidance about your eye drops .The chart below will be of help to remind you when to instil your drops.

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

## Patient Information

### Eye Shield

Wear the eye shield **every night for four weeks**. This is to ensure you do not accidentally rub your eye while you are asleep. Secure it with surgical tape.

### Care of Shield

- Wash the eye shield in running water
- Use soap and rinse thoroughly
- Dry with a tissue

### What you can do...

- Arrange for someone to be with you until you feel able to cope on your own.
- Take things easy for a few weeks and then gradually build back up to a normal activity level.
- Watch television and read in moderation, or as much as comfortable.
- Wear sunglasses outside if it is windy or very bright and sunny.

### What you should avoid...

- Rubbing your eye.
- Any vigorous activity or activities that cause strain, including sports.
- Driving until you are able to read the new style car number plate at 20 metres with both eyes open and you are confident about your driving ability.
- Do not wear eye make-up for three weeks.
- Splashing water into eye. Shower from the neck down and wash your face with a clean flannel or cloth. Back-wash your hair for the first week.
- Getting soap or shampoo in the eye.
- Avoid dusty or smoky environments.

### Travelling Abroad

It is advisable to discuss any travel plans in advance with the surgeon.

### Contact the Hospital If...

- Your eye becomes more painful or more red than on the day you went home.

## Patient Information

- Your eye develops a sticky discharge.
- Your vision begins to deteriorate or you cannot stand the light.
- You begin to feel nauseous.
- You experience more floaters and flashing lights.

## Contact Numbers

**Eye Casualty Department  
Clinic 9  
University Hospital Coventry  
Tel 024 7696 6627**

Open from:

Monday to Thursday	08.30am – 4.30pm
Friday	08.30am – 4.00pm
Saturday	08.30am – 12.00pm

If the Eye Casualty Department is closed, there is an on-call Ophthalmologist available for clinical advice through the hospital switchboard Tel 024 7696 4000

### **For Administrative Queries:**

Wendy Sherriff (Mr. Hero's Secretary)  
Monday – Friday: 8.00am – 4.00pm  
**Tel 024 7696 6494**

Jackie Underhill (Mr. Walter's Secretary)  
Monday – Friday: 8.30am – 4.30pm  
**Tel 024 7696 6496**

**Outside these opening times please attend the Accident and Emergency Department at University Hospital Coventry.**

## **General Practitioner**

You will be given a letter to take to your GP, or if you are unable to deliver it, 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 6627 and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

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