

# The Eye Unit / Department of Ophthalmology

## Going Home after Corneal Procedures



**This booklet aims to give you all the information you need whilst recovering.**

### Today

You may have an eye pad in place. If so, then **remove** the eye pad in .....hours.

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

- You may experience some minor irritation for a few days
- Your eye may be quite red and watery
- If you are undergoing DSAEK treatment you will have Air or Gas in your eye. Posturing on the back for the first 24 hours as much as possible is beneficial. If you have gas in the eye, then you should not fly in an aircraft until all the gas has gone. This may take several weeks.

**You may experience some discomfort. Take pain relief such as paracetamol, ibuprofen or your usual pain relief medication.**



## Patient Information

### **Please inform the hospital if:**

- Your eye becomes more red or more painful than the day you went home;
- Your eye develops a sticky discharge;
- Your vision begins to deteriorate.

### **What you can do**

- Walking (Be careful on the stairs);
- Watching television;
- Reading;
- Most normal daily activities;
- Wear sunglasses outside in windy weather and/or bright sunlight;
- Sexual relations should be limited to a kiss and a cuddle until the eye is healed.

### **What you should 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;
- Do not wear eye make-up for three weeks;
- Splashing water in the eye (Please shower from the neck down). Back - wash your hair for the first week .This is to avoid getting soap or shampoo in the eye;
- Dusty atmospheres.

### **Travelling Abroad**

Going on an aircraft within a few days is safe, although it would be preferable not to travel abroad before your first follow up appointment, in case an emergency should arise. Avoid overseas travel for the first 3months after surgery if possible.

## Patient Information

### 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 eyelids appear clean.
- Wash hands
- Instil drops as instructed

### Eye Drops

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

<b>Medication 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>

## Patient Information

### **Eye Shield**

- Wear the eye shield **at night** until your next follow up appointment (this is to ensure that you do not accidentally rub your eye whilst asleep);
- Secure with surgical tape.

### **Care of Shield**

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

### **Contact Numbers**

University Hospital Coventry Ophthalmology Day case Unit

Monday – Friday 7.30am -5.30pm

024 7696 5923

Any concerns call: 02476966508 (Ms Natasha Adams) during working hours of 9am to 4pm.

OR

**In case of Emergency, please attend the Eye Casualty Department  
UHCW Eye Casualty Tel 024 7696 6627 (Clinic 9)**

Open from:

Monday to Thursday

08.30am – 4.30pm

Friday

08.30am – 4.00pm

Saturday

08.30am – 12.00pm

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

## Patient Information

### Follow up

**Your appointment will be in 1 week. This will be posted to you.**

### 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.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5922 and we will do our best to meet your needs.

The Trust operates a smoke free policy

#### **Document History**

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