

## The Eye Unit

# Going Home after iStent Trabecular Bypass Stent Implant and Cataract Surgery

Banda label

**This booklet aims to give you the information you need whilst recovering from combined iStent trabecular bypass stent implant and cataract surgery.**

### The day of surgery

Following surgery you may experience some discomfort. Take pain relief such as Paracetamol or Ibuprofen (unless any other health problems prevent this) or use your usual pain relief medication. Please ask for advice if you are unsure.

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

### Cleaning the Right / Left Eye (the following day)

**Only do this once on the morning after surgery.**

- Wash your hands.
- Remove the eye dressing. **Keep the plastic eye shield for night time use.**



## Patient Information

- Pour the saline solution over the gauze.
- Take one piece of gauze at a time and squeeze to remove the excess solution.  
Wipe the eyelids gently from the bridge of the nose outwards with the eye closed. Discard the piece of gauze after each wipe. **Do not** press on the eye at all.
- Repeat until the eye lids appear clean.
- Wash your hands again.
- Put in the drops as instructed.

## Follow up

You will have planned follow up appointments as follows:

Your 1<sup>st</sup> appointment will be the **next day** at \_\_\_\_\_ **Hospital**.

Your 2<sup>nd</sup> appointment will be the **following week**.

Your 3<sup>rd</sup> appointment will be in **one month**. You may require additional appointments depending how your eye pressure fluctuates after the surgery.

All subsequent appointments will be arranged from then on.

If you have any questions please make a list and bring it with you.

## Eye Pressure

Your eye pressure is expected to drop after surgery but you will not feel any different. This may not happen immediately due to a number of factors. The pressure lowering effect of the surgery is better judged after few weeks.

## Eye Drops: Right Eye / Left Eye

The drops to your operated eye will be **different**. In most cases patients will be required to continue their current glaucoma drops as well, unless advised otherwise.

## Patient Information

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

You will receive guidance about your eye drops. The following chart below will help to remind you when to instil your drops. If you should require additional drops please obtain 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: You need to keep a gap of 10 minutes between individual drops in the same eye. Putting more than one drop in at the same time dilutes and washes out all the drops.**

**Please bring all your medications with you to every appointment.**

## Patient Information

### **Eye shield**

Wear the eye shield provided **every night** for the first **four weeks** after surgery. This is to ensure you do not accidentally rub your eye whilst asleep. Secure it with surgical tape.

### **Care of your eye shield**

Wash the eye shield in warm running water using soap.

Rinse thoroughly and dry with a tissue.

### **What you can do**

- Walking (be careful on the stairs);
- Take things easy for at least two weeks and then gradually build up to normal activity over the following four weeks;
- Watch television and read in moderation or as much as is comfortable;
- Wear sunglasses outside in windy weather and/or bright sunshine;
- Sexual relations should be limited to a kiss and a cuddle until the eye has healed.

### **What you should avoid**

- Rubbing, pressing or bumping your eye;
- Bending, stooping or lifting heavy weights;
- General housework, cleaning or using the vacuum cleaner;
- Gardening;
- Sports, swimming and physical exercise. NB. Goggles should be worn for swimming at all times following this operation. Remember to break the seal frequently;
- Smoke, dust and fumes;
- Crowded areas such as public transport during busy times, public houses, parties, etc.;
- Eye make-up;

## Patient Information

- Splashing water into the eye. Please 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 three to four weeks.

## Travelling Abroad

Going on an aircraft within a few days is safe, although it would be preferable not to travel abroad before your first appointment, in case an emergency should arise.

## Contact the hospital if:

- Your eye becomes more painful or more red 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 begins to deteriorate.

## Contact Numbers

University Hospital Coventry

Ophthalmology Daycase Unit

Monday – Friday      7.30am - 5.30pm

024 7696 5923

## Sister Jay Pankhania, Glaucoma Nurse Specialist

Tel: 024 7696 4000 ask switchboard to bleep 2729

**In case of Emergency, please attend the Eye Casualty Department, Clinic 9, University Hospital, Coventry. Telephone 024 7696 6627**

Open:      Monday – Thursday 8.30am - 4.30pm

Friday 8.30am - 4.00pm

Saturday 8.30am -12.00noon

## Patient Information

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

### **For Administrative queries:**

Mrs Susan Chamberlain (Mrs Robinson's Secretary) 024 7696 6502

Mrs Michelle Donnelly (Mr Bansal's Secretary) 024 7696 6501

### **General Practitioner**

You will be given a letter to take to your General Practitioner but 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 6627 and we will do our best to meet your needs.

The Trust operates a smoke free policy

#### **Document History**

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