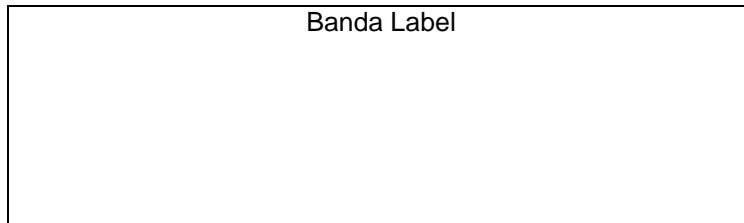


The Eye Unit: Department of Ophthalmology



Going Home after Needling of Bleb and an injection of Fluorouracil (5FU)

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

Today

Most people do not have a dressing after the procedure if the eye is frozen with drops only. You may have an eye pad in place if you had a local block anaesthetic.

If so then **remove** the eye pad in four hours.

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

You may experience irritation at the injection site for a few days. If you feel the need, take pain relief medication such as paracetamol or ibuprofen (if this does not conflict with any other medication or health problems you may have.)

Your eye may be quite red and watery (this may last up to 2 weeks)

- Your vision may be blurred for a few days
- Please use the drops as instructed



Patient Information

Please inform the Hospital if you experience any of the following symptoms:

- Deeply painful or an increase in redness
- Discharge from the eye
- Eye lid swelling
- Loss of vision or blurred for more than a few days

Follow up

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

**If you have any questions, please make a list and bring it with you.
Please bring all your medication with you to your appointments.**
All subsequent appointments will be arranged from there on.

Cleaning the Right Eye/Left 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.
- Wash hands
- Put in drops as instructed

Patient Information

Eye Drops

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

Please continue using your glaucoma drops to your other (Un-operated) eye as usual. Any eye drops you were using in the operated eye **should be stopped.**

Right Eye

Medication 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

Patient Information

What you can do

- Most normal daily activities
- Walking (Be careful on the stairs)
- Watching television
- Reading
- Bend and move around the house in a normal way
- 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 into 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 appointment, in case an emergency should arise.

Patient Information

Contact Numbers

University Hospital Coventry Ophthalmology Day Case Unit

Monday – Friday

7.30am - 5.30pm

024 7696 5923

Sister Mary Jane Oca (Monday to Thursday)

Glaucoma Nurse Specialist Tel: 024 7696 6491

Mrs. R. Robinson’s Secretary 0247696 6502

Mr. A Bansal’s Secretary 0247696 6501

Ms. S. Turner’s Secretary 0247696 6508

In case of Emergency, please attend the Eye Casualty Department (Clinic 9) University Hospital Coventry

Telephone 024 7696 6627

Open from:

Monday to Thursday

08.30am – 4.30pm

Friday

08.30am – 4.00pm

Saturday

08.30am – 12.00pm

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

General Practitioner

You will be given the 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 6050 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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