

## The Eye Unit Department of Ophthalmology

# Going Home after Glaucoma Tube Implantation Surgery

Banda Label

**This booklet aims to give you the information you need whilst recovering from glaucoma tube implantation surgery.**

### **The day of surgery**

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;**
- Pour the saline solution over the cotton wool balls;
- Take one cotton wool ball at a time and squeeze to remove the excess solution;



## Patient Information

- Wipe the eyelids gently from the bridge of the nose outwards with the eye closed. Discard cotton wool ball 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

Your first appointment will be the **next day at .....Hospital**  
Your second appointment will usually be the following week.  
All subsequent appointments will be arranged from then on.  
If you have any questions please make a list and bring it with you

### Eye shield

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

### Care of the eye shield

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

Patient Information

**Eye drops: right eye / left eye**

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

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

**Please do not put all eye drops in at the same time. Keep a minimum gap of 10 minutes between individual eye drops.**

## What you can do

- Walking (be careful on stairs);
- **Move around the house in a normal way and bend using your knees carefully;**
- Take things easy for at least two weeks and then gradually build up to normal activity over the following four to six weeks. This may change as you may require further procedures to regulate the drainage from the tube;
- Watch television and read in moderation, or as much as is comfortable;
- Wear sunglasses outside in windy weather and/or bright sunlight;
- Ideally arrange for someone to be with you for the first two to three weeks after the operation;
- Sexual relations should be limited to a kiss and a cuddle until the eye is healed;

## What you should avoid for the first six weeks

- Bending, stooping or lifting heavy weights;
- General housework, cleaning or using the vacuum cleaner;
- Sports, swimming and physical exercise. Please note goggles should be worn for swimming at **all times** following this operation. Remember to break the seal frequently;

## Patient Information

- Smoke, dust and fumes;
- Crowded areas, e.g., public transport during rush hour, public houses, parties;
- Eye make-up;
- Do not wash your hair for the first week. After that backwash your hair to avoid getting soap or shampoo into the eye;
- Driving for three to four weeks.

## Steroids

**Please follow the advice regarding your specific dose of steroids.**

**Please do not take more than the recommended dosage.**

- If in doubt please speak to your pharmacist or doctor;
- You can eat, drink, and take all regular medications as normal;
- Please ensure that you only take medication that doesn't upset you and doesn't cause reactions with other medications you might be taking;
- You might also find over the counter mild painkillers, such as paracetamol or ibuprofen beneficial;
- It is a good idea to carry a list of your medicines with you .If your doctor or dentist wants to prescribe something for you they can check your current list of medications;

## Patient Information

- Let your pharmacist know what prescribed drugs you are taking if you are buying over the counter medications.

### **Please contact the hospital if you experience any of the following symptoms:**

- Your vision begins to deteriorate;
- Your eye becomes **more red** or **more painful** than on the day you went home;
- Your eye develops a sticky discharge;
- You have swelling of the eyelid.

## **Contact numbers**

University Hospital Coventry, **Ophthalmology Daycase Unit**  
Monday - Friday 7.30am – 5.30pm  
Tel: 024 7696 5923

Sister Jay Pankhania (Monday to Thursday) 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  
Open Monday –Thursday 8.30am – 4.30pm,  
Friday 8.30am – 4.00pm, Saturday 8.30am – 12.00pm Tel: 024  
7696 6627

Outside these 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 us on 024 7696 5922 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### **Document History**

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