

Patient Information

## The Eye Unit Department of Ophthalmology

Banda Label

### Going Home after Trabeculectomy Surgery

**This booklet aims to give you the information you need whilst recovering from Trabeculectomy Surgery.**

#### **The day of surgery**

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

You have had major eye surgery and are therefore advised **not to drive.**

#### **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



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- Take one cotton wool ball 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 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**. Please bring all of your medication with you to your appointment. Your second appointment will 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 with surgical tape

Care of shield: **Wash the eye shield in running water. Use soap and rinse. Dry with a tissue.**

## Important

**Please see overleaf for information about instilling your eye drops**

Patient Information

**Eye Drops: Right 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 NOON	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.***

Patient Information

**Eye Drops: 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 NOON	2 PM	4 PM	6 PM	8 PM	10 PM

Please continue using your glaucoma drops to your other (un-operated)eye as usual.

Any glaucoma eye drops you were using in the operated eye **should be stopped.**

### What you can do

- Walking (be careful on stairs)
- Ideally arrange for someone to be with you for the first two to three weeks after the operation
- Take things easy for at least two weeks and then gradually build up to normal activity over the following four to six weeks
- Watch television and read in moderation, or as much as comfortable
- 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
- **Wear the eye shield provided at night for the first four weeks after surgery**
- **Bathe or shower from the neck down. Avoid splashing water in your eye. Wash your face with a clean flannel or facial wipes, being careful to avoid getting anything in the affected eye. Please continue to clean eye lashes and eyelids with lid wipes or boiled and cooled down water.**

### 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
- Smoke, dust and fumes
- Crowded areas e.g. public transport during rush hour, public houses, parties
- Eye make-up

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- Driving for three to four weeks and until your vision recovers to required level.
- Any travel plans should be discussed with the surgeon
- Do not wash your hair for the first week. After that backwash your hair to avoid getting soap or shampoo into the eye.

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

- Deeply painful eye or an increase in redness
- Discharge from the eye
- Eye lid swelling
- Sudden or significant decrease in vision

### **Contact Numbers**

University Hospital Coventry  
Ophthalmology Day Case Unit  
Monday – Friday 7.30am – 5.30pm  
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  
Monday –Thursday 8.30am – 4.30pm  
Friday 8.30am – 4.00pm, Saturday 8.30am – 12.00noon  
Tel:024 7696 6627

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

## Patient Information

For administrative queries:

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

Jayne Owen (Ms Turner's Secretary)  
024 7696 6497

## 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 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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