

Ophthalmology

Going Home after iStent Trabecular Bypass Stent Implant and Cataract Surgery

Banda label

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

The day of surgery

After 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 not sure.

Your eye dressing will remain in place until the next 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 1st appointment will be the **next day** at _____ **Hospital.**

Your 2nd appointment will be the **following week.**

Your 3rd appointment will be in **one month.** You may need 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.

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

Patient Information

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 get 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.

Eye shield

Wear the eye shield provided **every night** for the first **four weeks** after surgery. This is to make sure 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.

Patient Information

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 slowly build up to normal activity over the next 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. 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;
- 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 better not to travel abroad before your first appointment, in case an emergency should arise.

Patient Information

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 worsen.

Further Questions

Administrative queries:

Glaucoma secretaries:

Michelle Donnelly / Jackie Banwell : Tel: 024 76966502 or

Resha Wilmot, Failsafe Officer/Glaucoma Support Team: 024 7696 6528

General Practitioner

You will be given a letter to take to your General Practitioner but if you are not able 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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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Emergency eye appointments: New booking system

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



Scan the QR code or visit www.uhcw.nhs.uk and search Eye Emergency Referral Service. You can book a telephone consultation via this link.

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

In the event that you feel you cannot wait to speak to someone or do not have online access then you may call 0247 696 4800.

This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays) and 9am - 12pm (Saturday).

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.