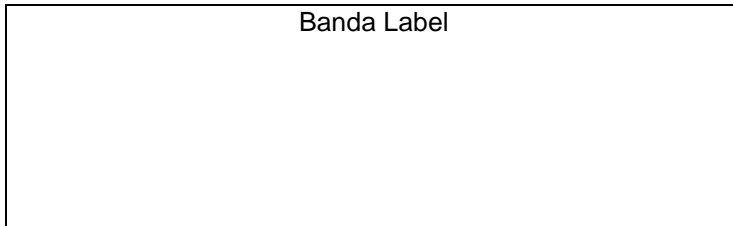


Patient Information

## The Eye Unit

# Going home after Conjunctival surgery



**This booklet aims to give you the information you need whilst recovering from conjunctival surgery**

### Today

You may have an eye pad /eye shield in place

If so, then **remove** the eye pad in .....hours/next day

**Important:** If you are discharged with an eye pad and/or eye shield you **should not drive**.

- You are likely to experience some eye irritation for a few days
- Your eye may be quite red and watery

You may experience some discomfort. If you feel the need, do take your usual pain relief medication such as paracetamol, ibuprofen (if this does not conflict with any other medication or health problems you may have.)



## Cleaning the eye

- Wash your hands
- Remove the eye dressing
- Dip a sterile cotton wool ball into the cooled previously boiled water and squeeze to remove the excess water
- Wipe the eyelids gently from the bridge of the nose outwards. Discard after each wipe.
- Ensure that the eye ball is not pressed during cleaning.
- Repeat until the eyelids appear clean.
- Wash hands
- Put in the drops as instructed

## Eye drops

You will receive guidance about your eye drops .The chart below will be of 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 ensure a 10 minute gap between different types of drops**

**If you should require additional drops, please obtain fresh supplies from your own GP.**

### **Eye shield**

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

### **Care of the eye shield**

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

### **What you can do**

- Walking (be careful on the stairs)
- Watching television
- Reading
- Most normal daily activities except strenuous activities
- Move around the house in a normal way
- Wear sunglasses outside in windy weather and/or bright sunlight

### **What you should avoid**

- Rubbing your eye
- Any vigorous activity including contact sports, squash, badminton and swimming.
- Sudden bending, straining, and lifting heavy weights
- Eye make-up until your doctor confirms that your eye has healed fully.

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- Splashing water into eye (shower from the neck down. Back-wash your hair for the first week)
- Getting soap or shampoo in the eye.
- Dusty atmospheres.

## Travelling abroad

It is advisable to discuss any travel plans in advance with the surgeon

## Please inform the hospital if:

- Your eye becomes **more red** or **more painful** than the day you went home
- Your eye develops a sticky discharge
- Your vision begins to deteriorate
- Your eyelids become swollen

## Contact Numbers

University Hospital Coventry  
Ophthalmology Day case Unit  
Monday to Friday  
7.30am to 5.30pm

**024 7696 5923**

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

Open Monday to Thursday 8.30am to 4.30pm

Friday 8.30am to 4.00pm Saturday 8.30am to 12.00pm

Tel 024 7696 6627

## Patient Information

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

### **Follow up**

Your appointment will be in ..... at .....Hospital  
This will be posted to you.

If you have any questions, please make a list and bring it with you  
All subsequent appointments will be arranged from there onwards.

### **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 5922 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

#### **Document History**

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