

## Ophthalmology

# Going home after a Conjunctival Repair Procedure (after Glaucoma Surgery)

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| <b>Banda Label</b> |
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**This booklet aims to give you the information you need whilst recovering from a conjunctival repair procedure (after glaucoma surgery).**

### Today

You may have an eye pad /eye shield in place

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

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

- 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. Take pain relief, such as paracetamol, ibuprofen (unless any other health problems prevent this) or your usual pain relief medication. Please ask for advice if you are not sure.**

### **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.
- Make sure that the eye ball is not pressed during cleaning.
- Repeat until the eye lids appear clean.
- Wash your hands
- Instil drops as instructed

# Patient Information

## Eye drops

Staff will give you instructions 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 |
|-----------------|------|-------|---------|------|------|------|------|-------|
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Please **do not** put all eye drops in at the same time. Keep a minimum gap of 10 minutes between individual eye drops.

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

## **Eye shield**

Wear the eye shield every **night for one week**. This is to make sure 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 clean tissue.

## **What you can do**

- Walking (be careful on the stairs);
- Watching television;
- Reading;
- Most normal daily activities except activities requiring straining;
- Move around the house in a normal way and bend **on knees carefully**;

## Patient Information

- Wear sunglasses outside in windy weather and/or bright sunlight;
- Shower from the neck down. Back wash your hair for the first week.

## **What you should avoid**

- Rubbing your eye;
- Any vigorous activity including contact sports, squash, badminton and swimming;
- Sudden bending, lifting heavy weights, and straining;
- Driving until you have seen your doctor for your review and you are able to read the new style car number plate at 20 metres and the eye is comfortable;
- Eye make-up until your doctor confirms that the eye has healed fully;
- Splashing water into the eye;
- 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 get swollen

### Further Information

If you require more information or have any questions, please use the contact details below.

### Contact Numbers

University Hospital Coventry

Ophthalmology Daycase Unit – Tel: 024 7696 5923

Open Monday - Friday 7.30am – 5.30pm

# 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](http://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.

## Patient Information

### 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.

To give feedback on this leaflet please email

[feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

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|-------------|-----------------|
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