

The Eye Unit

Going Home after Cataract Surgery

Banda Label

This booklet aims to give you the information you need whilst recovering from Cataract Surgery

Important: if you are discharged with an eye pad you should not drive

Cleaning the Right / Left Eye

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; 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.



Patient Information

Important: All the Eye drops start the following morning.

Date

You will receive guidance about your eye drops from staff. The chart below will be of help to remind you when to put in your drops.

Eye Drops: Right Eye / Left Eye

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

Eye shield

It is advisable to wear the eye shield every **bed time** for at least one week. In some cases this may be needed for longer and will be advised to you accordingly. This is to ensure you do not accidentally rub your eye whilst asleep. Secure with surgical Micropore tape (you can purchase this from your nearby pharmacy). Please make sure that the eye shield rests on cheek brow and doesn't put pressure on the eye.

Patient Information

Care of eye shield

- Wash the eye shield in warm running water
- Use soap
- Rinse and dry with a tissue

What you can do for the next 4 weeks

- Most normal daily activities;
- Walking (be careful on the stairs);
- Watching television;
- Reading;
- Bend and move around the house in a normal way;
- 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.

What you should avoid for the next 4 weeks

- Rubbing your eye;
- Any vigorous activity including contact sports, squash, badminton, swimming, gardening and vacuum cleaning;
- Dusty , smoky atmospheres;
- If you are otherwise eligible to drive you may not resume driving until you are able to read the new style car number plate at 20 metres with both eyes open and you are confident enough to drive;
- Do not wear eye make-up for three weeks;
- Back-wash your hair for the first week, 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 soap or shampoo in the affected eye.

Travelling abroad

Going on an aircraft within a few days is safe, although it would be preferable not to travel abroad before your first appointment, in case an emergency should arise.

Contact the hospital if: (contact numbers are given below)

- Your eye becomes more painful or more red than on the day you went home;
- Eye lid swelling;
- Your eye develops a sticky discharge;
- Your vision begins to deteriorate within a few days after surgery.

Patient Information

Follow up

Your follow up appointment will be in about four weeks. This appointment may be, either with a community optometrist or in the hospital according to your specific case requirement. You will be advised appropriately at discharge. In case of review by community optometrist you will be provided with a choice of optometrists who have been provided appropriate training and have electronic link with the hospital to feedback information. They can also contact us directly and request a hospital review in case of unexpected issues, which are very uncommon. Your glasses will be reviewed then. In case you need a hospital review, this will be arranged by appropriate team. If you have any questions, please make a list and discuss with the optometrist.

Please contact the hospital if you have not received an appointment.

Telephone 024 7696 6607 or 024 7696 6606 if you had your surgery in **Coventry**.

Telephone 01788 663488 if you had your surgery in **Rugby**.

Continued care for other eye problems

If you are being regularly followed by the eye department for **other eye problems (such as glaucoma, problems with retinal, corneal or other parts of the eye)** then these need to continue as usual after cataract surgery. If you don't receive your normal follow up appointments then please contact hospital and ask for respective secretaries of your consultant in-charge.

Contact numbers

Please contact the unit ward / where your surgery was performed.

University Hospital Coventry

Ophthalmology Day Surgery Unit
Monday – Friday 7.30am - 18.30pm
024 7696 5923

University Hospital Coventry

Ward 32
024 7696 5238 or 024 7696 7831 or 024 7696 7830

Rugby St. Cross

Day Surgery Unit
01788 663264

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.

Patient Information

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.

Further information on cataract surgery is available; please ask for a copy of the leaflet.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5923 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

Document History

Department:	Ophthalmology
Contact:	25923
Updated:	August 2023
Review:	May 2024
Version:	11.1
Reference:	HIC/LFT/864/09