

## The Eye Unit

# Going home after combined cataract and trabeculectomy surgery

Banda Label

This booklet aims to give you the information you need whilst recovering from combined cataract and trabeculectomy surgery.

### The day of surgery

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

You have had major 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**



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### **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

### **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.

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### Important

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

### Eye Drops: Right Eye/Left Eye

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 do not put all eye drops in at the same time. Keep a minimum gap of 10 minutes between individual eye drops.**

## Eye shield

Wear the eye shield **every night** for **four weeks**. This is to make sure you do not accidentally rub your eye whilst asleep. Secure it with surgical tape.

## Care of shield

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

## 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 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

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wipes, being careful to avoid getting anything in the affected eye.

### **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
- Driving for three - four weeks
- 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 inform the hospital if:**

- **Your eye becomes increasingly red**
- **Your eye becomes more painful**

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- **The vision remains blurred for more than a few days**

### **Contact Numbers**

University Hospital Coventry - Ophthalmology Day Case Unit

Monday - Friday 7.30am – 5.30pm

024 7696 5923

Sister Jane Oca (Tuesday to Friday)

Glaucoma Nurse Specialist

Tel: 024 7696 4000

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 4800 or 024 7696 4802

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

### **For administrative queries**

Secretary to Mr. Bansal, Miss Turner and Mr. Otri

Michelle Donnelly

024 7696 6502

Jayne Owen

024 7696 6503

## 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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