

Patient Information

The Eye Unit Department of Ophthalmology

Going Home after Combined Retinal Detachment Repair and Cataract Surgery

Banda Label

This booklet has been designed to give you the information you need whilst recovering after combined surgery.

The Day of Surgery

You may experience some discomfort. Take pain relief such as paracetamol, ibuprofen (unless any health problems prevent this) or your usual pain relief medication. Please ask for advice if you are not sure.

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**
- 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



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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

Your vision may be blurred following surgery, and may remain blurred for up to 6 weeks. This is normal.

Follow Up Appointments

Your first appointment will be the **next day**.

All subsequent appointments will be arranged from then on.

Please bring your eye drops with you to your appointments.

If you have any questions please make a list and bring it with you.

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 following chart will be of help to remind you when to instil your drops.

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

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Right Eye / Left Eye

Medication Name	8 AM	9 AM	10 AM	11 AM	12 NOON	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM

Eye Shield

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

Care of Shield

- Wash the eye shield in running water
- Use soap
- Dry with a tissue

What you can do...

- Arrange for someone to be with you until you feel able to cope on your own.
- Take things easy for a few weeks and then gradually build back up to a normal activity level.
- Watch television and read in moderation, or as much as comfortable.
- Wear sunglasses outside if it is windy, very bright or sunny.

What you should avoid...

- Rubbing your eye
- Any vigorous activity or activities that cause strain, including sports.
- 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
- Splashing water into eye. Shower from the neck down and wash your face with a clean flannel or cloth. Back-wash your hair for the first week. Avoid getting any soap or shampoo in the eye
- Avoid dusty or smoky environments

Travelling abroad...

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

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Contact the hospital if...

- Your eye becomes more painful or red than on the day you went home.
- Your eye develops a sticky discharge
- Your vision begins to deteriorate or you cannot stand the light
- You begin to feel nauseated
- You experience more floaters and flashing lights

Contact numbers

UHCW Eye Casualty (Clinic 9) Tel 024 7696 6627

Open from:

Monday to Thursday	8.30am – 4.30pm
Friday	8.30am – 4.00pm
Saturday	8.30am – 12.00noon

Ophthalmic Day Unit Monday-Friday 7:30-17:30 02476965923

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

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.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6494 and we will do our best to meet your needs.

Patient Information

The Trust operates a smoke free policy

Document History	
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