

Eye Unit

Going home after conjunctival surgery

Banda Label

This booklet aims to give you the information you need while recovering from conjunctival surgery.

Today

You may have an eye pad/eye shield in place.

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

Important - if you are discharged with an eye pad 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. Take your usual pain relief medication such as paracetamol, ibuprofen, as long as this does not conflict with any other medication or health conditions you may have.



Patient Information

Cleaning your eye

- Wash your hands.
- Remove the eye dressing.
- Dip a sterile cotton wool ball into the cooled previously boiled water - squeeze to remove the excess water
- Wipe your eyelids gently from the bridge of the nose outwards. Discard the cotton wool ball after each wipe.
- Make sure that the eyeball is not pressed during cleaning.
- Repeat until your eyelids appear clean.
- Wash your hands again.
- 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	MIDDAY	2 PM	4 PM	6 PM	8 PM	10 PM

Patient Information

Please leave a 10 minute gap between different types of drops.

If you require additional eye 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 make sure you do not accidentally rub your eye whilst asleep. Secure the eye shield 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 can I 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 should I 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
- 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.

Patient Information

Travelling abroad

It is advisable to discuss any travel plans in advance with your 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

Ophthalmic Day Unit: Monday-Friday, 7:30am to 5.30pm
Tel 024 7696 5923

Emergency eye appointment contact information is on the next page.

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

Follow up

Your appointment will be in atHospital.
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. 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.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:
www.uhcw.nhs.uk/feedback



Document History

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