

Patient Information

Ophthalmology

Going home after glaucoma tube implantation surgery

Banda Label


This booklet aims to give you the information you need whilst recovering from glaucoma tube implantation surgery.

The day of surgery

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

Cleaning the Right / Left Eye (the following day)

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.



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- 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**

Your second appointment will usually 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.

Eye shield

Wear the eye shield **every night** for **four weeks**. This is to ensure 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.

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Eye drops: right eye / left eye

You will receive guidance about your eye drops. The chart below will help to remind you when to instil your drops.

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

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

What you can do

- Walking (be careful on stairs).
- **Move around the house in a normal way. If you need to bend, use your knees.**
- Take things easy for at least 2 weeks. Gradually build up to your usual amount of activity over the following 4 to 6 weeks.

This can change, as you need more procedures to control the drainage from the tube.

- Watch television and read in moderation, or as much as is comfortable.
- Wear sunglasses outside in windy weather and/or bright sunlight.
- Ideally, arrange for someone to be with you for the first two to three weeks after the operation.
- Sexual relations should be limited to a kiss and a cuddle until the eye is healed.

What you should avoid for the first 6 weeks

- Bending, stooping, or lifting heavy weights.
- General housework, cleaning or using the vacuum cleaner.
- Sports, swimming, and physical exercise. Goggles should be always worn for swimming after this operation. Remember to break the seal frequently.
- Smoke, dust and fumes.
- Crowded areas, such as public transport during rush hour, public houses, parties.
- Eye make-up.
- Do not wash your hair for the first week. After that backwash your hair to avoid getting soap or shampoo into the eye.
- Driving for 3 to 4 weeks.

Steroids

Please follow the advice regarding your specific dose of steroids.

Please do not take more than the recommended dosage.

- If in doubt, speak to your pharmacist or doctor.
- You can eat, drink, and take all regular medications as normal.
- Ensure that you only take medication that doesn't upset you and doesn't cause reactions with other medications you might be taking.
- You might find over the counter mild painkillers such as paracetamol or ibuprofen help.
- It's a good idea to carry a list of your medicines with you. If your doctor or dentist wants to prescribe something for you, they can check your current list of medications.
- Let your pharmacist know what prescribed drugs you are taking if you are buying over the counter medications.

Please contact the hospital if you have any of the following symptoms:

- Your vision begins to deteriorate.
- Your eye becomes **more red** or **more painful** than on the day you went home.
- Your eye develops a sticky discharge.
- You have swelling of the eyelid.

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Contact numbers

University Hospital Coventry, **Ophthalmology Daycase Unit**

Monday - Friday 7.30am – 5.30pm

Tel: 024 7696 5923

Sister Jane Oca (Tuesday)

Glaucoma Nurse Specialist

Tel: 024 7696 6492 or 024 7696 6624 (ask switchboard to bleep 1779)

In case of emergency, please attend the Eye Casualty

Department (Clinic 9) University Hospital, Coventry

Tel: 024 7696 4800

Monday –Thursday 8.30am – 4.30pm,

Friday 8.30am – 4.pm,

Saturday 8.30am – Midday

Outside these times, please attend A&E at University Hospital Coventry

For administrative queries:

Mr Bansal's Secretary- 024 7696 6502

Mr Otri secretary - 01788 663 403

Miss Turner secretary – 024 7696 6503

Your GP

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 us on 024 7696 5922 and we will do our best to meet your needs.

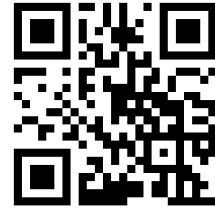
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Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History

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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 uhcw.nhs.uk and search Eye Emergency Referral Service the section How to Access our Services will take you to a link to book a telephone consultation.

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).

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.