

## Eye Unit

# Going home after secondary lens implant

Banda Label

**This booklet aims to give you all the information you need whilst recovering from a secondary lens implant.**

**Important - If you are discharged with an eye pad, you should not drive.**

### Cleaning the Eye Right/Left

**Only do this once on the morning after surgery**

- Wash your hands
- Remove the eye dressing
- Dip a cotton wool ball into the saline solution, and squeeze it to remove any excess solution
- Wipe the eyelids gently from the bridge of the nose outwards. Discard the cotton wool ball after each wipe
- Repeat until the eye lids appear clean
- Wash your hands
- Use the drops as instructed



## Patient Information

**Important: All the eye drops start the following morning**

### Eye medication

**You will receive guidance about your eye drops from staff. The chart below will help to remind you when to use your medication.**

**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

Wear the eye shield **every night for 2 weeks**. This is to make sure you do not accidentally rub your eye while you are asleep. Secure it with surgical tape.

### Care of the shield

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

### What can I do?

- Most normal daily activities
- Walk (Be careful on the stairs)
- Watch television
- Read
- Bend, and move around the house in a normal way
- Wear sunglasses outside if it is windy or very bright and sunny
- Sexual relations should be limited to a kiss and a cuddle until the eye is healed

### What should I avoid?

- Rubbing your eye
- Any vigorous activity including contact sports, squash, badminton and swimming
- Driving until you are able to read the new style car number plate at 20 metres and the eye is comfortable
- Do not wear eye make-up for three weeks
- Splashing water into eye (Shower from the neck down. Back-wash your hair for the first week. This is to avoid getting soap or shampoo in the eye)
- Getting soap or shampoo in the eye
- Dusty or smoky environments

## Patient Information

### **Travelling abroad**

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

### **Contact the hospital if:**

- Your eye becomes more painful or more red than on the day you went home
- Your eye develops a sticky discharge
- Your vision begins to deteriorate

### **Contact numbers**

#### **University Hospital Coventry**

Ophthalmology Day Case Unit

Monday to Friday, 7.30am - 5.30 pm

024 7696 5923

#### **Rugby St. Cross**

Day Surgery Unit

01788 663264

**In case of Emergency, please attend the Eye Casualty Department located in Clinic 9, Outpatients Department, University Hospital Coventry**

**Tel: 024 7696 6627**

Open from:

Monday to Thursday 8.30am – 4.30pm

Friday 8.30am – 4pm

Saturday 8.30am – 12pm

## Patient Information

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

### Follow up

Your follow up appointment will be in about 4 weeks unless you are told otherwise. The appointment letter will be posted to you.

### 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 5923 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.

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[www.uhcv.nhs.uk/feedback](http://www.uhcv.nhs.uk/feedback)



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