

## Eye Unit

# Going home after temporal artery biopsy

Banda label

### The day of surgery

You will have a dressing covering the wound on your temple. This should remain in place until your follow-up appointment in 2 weeks, unless you have been advised otherwise.

You will have stitches. These will be removed later unless dissolvable stitches were used for your surgery.

### Follow-up appointments

Your next appointment will be in about 2 weeks. The doctor would expect to have the results of your biopsy ready. But sometimes the laboratory may need more time to process your results.

Please bring **all** medications with you to your appointments.

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



## Patient Information

### Medication RIGHT/ LEFT

Please **start** using your medication on: \_\_\_\_\_

You will receive guidance about your medication from the staff. The chart below will help remind you when to take it.

Medication Name	Breakfast	Lunch	Teatime	Bedtime

**If you have been prescribed steroid tablets, please read the leaflet provided with them.** Follow the advice on your specific dosage and schedule.

**Please do not take more than the recommended dosage.**

- If in doubt, please speak to your pharmacist or doctor.
- You can eat, drink, and take all regular medications as normal.
- Please ensure that you only take medication that does not upset you and does not cause reactions with other medications you might be taking
- You may find over-the-counter mild painkillers such as paracetamol or ibuprofen beneficial

## Patient Information

It's a good idea to carry a list of your medicines with you. If your doctor or dentist wants to prescribe something, they can check your current list of medications.

Let your pharmacist know what prescribed drugs you are taking if you are buying any over-the-counter medications.

### **After the procedure**

The artery will take several days to completely heal from the procedure. During this time, please avoid vigorous or strenuous activity, including sports and heavy lifting, to allow the wound to heal properly.

You may experience some discomfort after the procedure. An ice pack is probably the most effective method of dealing with pain from this operation. An ice pack will help with the pain and prevent some of the swelling.

Do not put ice directly on the skin. Wrap the ice pack (or ice in a zip lock bag) in a hand towel. Hold it on the wound for 10-15 minutes at a time.

You can bathe. Avoid washing your hair for 2 weeks after surgery. If you wish, you can wash your hair carefully, taking extra care not to wet the wound or dressing.

**Do not drive yourself** to any follow-up appointments. If possible, have somebody accompany you.

### **Travelling abroad**

It is advisable to discuss any travel plans with your surgeon.

## Patient Information

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

- You experience any sudden bleeding
- You notice any unusual discharge from the wound
- You are having excessive pain at the wound site or a generalized headache
- You feel that there is an increase in redness or swelling around the wound area
- You have any change in your vision
- You have worsening symptoms for which this investigation procedure was carried out

### **Contact numbers**

**Ophthalmic Day Unit, 024 7696 5923**

**Monday – Friday, 7:30am - 5.30pm**

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](http://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

### Your GP

You will be given a letter to take to your GP. If you cannot 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.

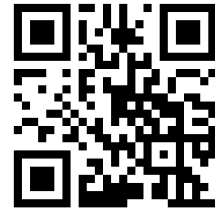
The Trust operates a smoke-free policy.

### 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](http://www.uhcw.nhs.uk/feedback)



#### Document History

Department:	Eye Unit
Contact:	25922
Updated:	August 2023
Review:	August 2025
Version:	5.1
Reference:	HIC/LFT/1325/11