

Eye Unit

Going home after trabeculectomy surgery

Banda Label

This booklet aims to give you the information you need whilst recovering from trabeculectomy surgery.

On the day of surgery

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

You have had major eye surgery and are advised **not to drive**.

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 nighttime 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



Patient Information

- Wipe the eyelids gently from the bridge of the nose outwards with the eye closed. Discard the cotton wool ball after each wipe.
- **Do not** press on the eye at all.
- Repeat until the eyelids appear clean.
- Wash your hands again.
- Put in the drops as instructed.

Follow up

Your first appointment will be the **next day at** **Hospital**. Please bring all of your medication with you to your appointment. Your second appointment will be next 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 make sure you do not accidentally rub your eye whilst asleep. Secure with surgical tape.

Care of shield

Wash the eye shield in running water. Use soap and rinse. Dry with a tissue.

Important

Please see overleaf for information about instilling your eye drops.

Patient Information

Eye Drops: Right 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 NOON	2 PM	4 PM	6 PM	8 PM	10 PM

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

Patient Information

Eye Drops: 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 NOON	2 PM	4 PM	6 PM	8 PM	10 PM

Please continue using your glaucoma drops to your other (unoperated) eye as usual.

Any glaucoma eye drops used in the operated eye **should be stopped.**

What you can do

- Walking - be careful on stairs
- Arrange for someone to be with you for the first two to three weeks after surgery
- Take things easy for at least two weeks. Then, gradually build up to normal activity over the following four to six weeks.
- Watch television and read in moderation or as much as comfortable.
- Wear sunglasses outside in windy weather and/or bright sunlight.
- Sexual relations should be limited to a kiss and a cuddle until the eye is healed.
- **Wear the eye shield provided at night for the first four weeks after surgery.**
- **Bathe or shower from the neck down. Avoid splashing water in your eye. Wash your face with a clean flannel or facial wipes. Avoid getting anything in the affected eye. Please continue to clean eyelashes and eyelids with lid wipes or boiled and cooled down water.**

What you should avoid for the first six weeks

- Bending, stooping, or lifting heavy weights
- General housework, cleaning or using the vacuum cleaner.
- Sports, swimming, and physical exercise. Please note goggles should always be 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
- Driving for three to four weeks and until your vision recovers to the required level.
- Discuss any travel plans with your surgeon.
- Do not wash your hair for the first week. After that, backwash your hair to avoid getting soap or shampoo into the eye.

Patient Information

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

- Deeply painful eye or an increase in redness
- Discharge from the eye
- Eyelid swelling
- Sudden or significant decrease in vision

Contact numbers

University Hospital Coventry

Ophthalmology Day Case Unit

Monday – Friday 7.30am – 5.30pm

024 7696 5923

Sister Jane Oca (Monday to Friday)

Glaucoma Nurse Specialist

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

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 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.

Patient Information

For administrative queries:

Mr Bansal's Secretary- 024 7696 6502

Ms Turner's and Mr Otri's Secretary- 024 7696 6503

General practitioner

You will be given the 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.

The Trust operates a smoke-free policy.

Did we get it right?

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www.uhcw.nhs.uk/feedback



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