

## PATIENT INFORMATION

### Information for patients following cataract surgery.

#### Following a cataract operation

- It is advisable to go home and take things easy for the rest of the day.
- You will have one eye covered with a plastic eye shield.
- Four hours after your operation please remove the shield and any dressing. These can both be thrown away.
- Please then bathe the eyelids with cooled boiled water and clean cotton wool.
- Make sure you wash your hands before and after bathing your eye.
- You then need to start your eye drops as instructed.
- If you normally use eye drops for dry eye, please continue but start a fresh bottle.
- If you normally use eye drops for glaucoma, please continue but start a fresh bottle. Leave 5 minutes between drops.
- If you have blepharitis, continue with your lid hygiene but be gentle.

It is common for some eyedrops to burn or sting on instillation. You should continue your drops as prescribed. However, if your discomfort seems to be worsening, please contact us. Burning/stinging or a gritty feeling may also be a symptom of dry eyes and artificial tears can be used. These are available from any pharmacy.

#### **What is normal for the next few days?**

- Your eye may feel sore or tender.
- You may feel as if there is something in the eye like a lash or piece of grit.
- You may have a slight headache.
- The white of the eye may look red. This may last for up to two weeks.
- The eyelids may be puffy or bruised.
- The eye may be watery and have some mucous in the corner.
- You may experience a flickering sensation.
- You may find lights very bright.
- You may experience double vision in the first 24 hours.
- The pupil may remain dilated for 1-2 days.
- You may be aware that the vision is not balanced.
- You may be more aware of floaters.

All of these things should gradually improve, **NOTHING SHOULD GET WORSE**. If you are at all worried about your eye, you should contact us immediately.

Tel: 0207 099 0975 Fax: 0207 099 0974

[www.retinsurgery.co.uk](http://www.retinsurgery.co.uk)

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## What is not normal after a cataract operation?

- Pain in or around the eye or a throbbing ache not eased by simple painkillers such as paracetamol.
- If your eye is sticky with a yellow discharge.
- If the eye becomes increasingly red.
- If the eye is feeling gritty and this is getting worse.
- If your eyesight gradually becomes more blurred or there is a loss of vision.
- If you cannot tolerate bright light and this is getting worse.
- Feeling sick in the first 24 hours after the operation.

If you have any of these problems, you must ring us immediately and be prepared to come back for a check up that day. Our telephone number is 0207 099 0975

You should have enough drops to last you a month. You can get a repeat prescription from your General Practitioner (GP). Occasionally people are allergic to the drops. If your eye becomes red, waters a lot or the eyelids swell after you have started using the drops, please ring us for advice.

## General guidelines following a cataract operation.

- Lying on your side in bed, reading or watching television does not harm the eye.
- You cannot strain the eye or wear it out by using it or wearing the wrong prescription glasses.
- Try not to rub or knock the eye after surgery but you may gently wipe or dab around the eye.
- Be careful not to get anything dirty or dusty in the eye whilst on the drops, such as from DIY or gardening.
- You may shower after 24 hours but avoid getting anything in the eye that might irritate it such as soap or shampoo.

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- You may use eye make-up with care four weeks after the operation.
- If you enjoy specific hobbies or activities, please ask for advice.
- Most people find that their distance vision improves after surgery. You could try wearing an old pair of prescription glasses or buy an off the shelf pair of reading glasses. Some people may need correction for their distance vision. You will be able to get a new prescription between 4-6 weeks after your operation.
- As long as you meet the DVLA eyesight requirements i.e. you are able to read a number plate at a distance of 20 metres, you should be able to drive 48 hours after your surgery. However, your unoperated eye must have full field of vision. If the unoperated eye has any eye disease you should discuss the issue of driving with the doctor who assesses you prior to surgery.

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