

Day Surgery Unit, Horton General Hospital

Advice after cataract surgery

Information for patients



Instructions for after your operation

Please make sure you follow these instructions for at least 2 weeks after your operation.

- Try not to rub or touch your eye.
- Please wear the eye shield you have been given for the rest of today and sleep with it on tonight. Remove the eye shield in the morning and start your drops. Please wear sunglasses or your normal glasses during the day, to help protect your eye. Please wear the eye shield you have been given at night for the next **5** nights. You can secure it with medical tape or sellotape.
- When washing your face, avoid your eye area. If your eye becomes sticky or crusted up, especially in the morning, bathe it with cooled boiled water and cotton wool.
- Avoid strenuous activity such as sports and swimming for a month, and heavy gardening and lifting for two weeks.
- Always use disposable tissues to blow your nose. Throw the used tissue away after each use. Do not use cotton handkerchiefs, as these increase the risk of infection.

It is OK to look and bend down. Watching TV and reading will cause no harm. You may experience some double vision or other visual distortion after the operation, but this will gradually get better. You may also experience some discomfort. Take what you would normally take for a headache (e.g. paracetamol).

Your pupil may be enlarged for up to 48 hours after surgery. Both this and the removal of the cataract, may make your vision seem brighter. You may find it more comfortable to wear sunglasses until this wears off.

Before you leave hospital, the nurse or doctor will advise you about driving.

If you need new glasses, these can be prescribed 6 - 7 weeks after your surgery. At your follow-up appointment you will be advised when to visit your optician.

If you notice any sudden redness, swelling, loss of sight or intense pain, please contact:

Eye Emergency Department

Tel: 01865 234 800

It is a busy line but please keep trying.

If you are unable to get through, please contact the

Day Case Unit

Tel: 01295 229 767

(Monday to Friday, 9.00am to 5.00pm)

Follow-up

Your follow-up appointment will be in the Outpatients Department at the Horton General Hospital, unless we tell you otherwise. This appointment will be posted to you.

Your eye drop regime is as follows:

The following drops should be applied to your operated eye only, starting the morning after surgery.

Drop	Time	Action
Chloramphenicol (store in fridge)	One drop, four times a day for 2 weeks, then stop.	Antibiotic
Dexamethasone (Maxidex)	One drop, four times a day for 4 weeks, then stop.	Anti- inflammatory

- When putting the eye drops into your eye, do not allow the bottle tip to touch your eye.
- Do not allow other people to use your eye drops.
- Throw away the drops when you have finished the course of treatment.

How to apply your eye drops

1. Always wash your hands before putting in the drops.
2. Sit or lie with your head tilted backwards.
3. Gently pull your lower lid down with one finger.
4. Holding the bottle on the bridge of your nose or on your forehead, squeeze **one** drop into your eye. You may want to buy a small device, called an 'eye drop dispenser', which helps you to apply the eye drops more easily. These are available from most chemists or online.
5. Close your eye and gently blot excess drops with a clean tissue.
6. If you think you may have missed with the drops, put another dose in – you will not overdose yourself.
7. If you think you are going to run out of your drops, please telephone your GP surgery and ask for a repeat prescription for whichever drops you are short of.

Eye drop chart

1 drop from each bottle (chloramphenicol and Maxidex)
4 times a day.

	1st drop	2nd drop	3rd drop	4th drop
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

Continue onto next chart – Maxidex drops only

Eye drop chart

1 drop from Maxidex bottle, 4 times a day.

Maxidex only

	1st drop	2nd drop	3rd drop	4th drop
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				

How to contact us

If you have any questions or concerns, please contact us:

Nurse Practitioners

Tel: 01295 229 118

Please leave your details and one of the nurses will return your call.

Day Case Unit, Horton General Hospital

01295 229 767

(Monday to Friday, 9.00am to 5.00pm)

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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www.ouh.nhs.uk/information

