

Allies Ophthalmology (Eye) Department Cromer Hospital Cataract Surgery Pre-operative Information

Before your operation - take tablets and medication as normal.

- Bring to hospital any medication that may be required e.g. for angina, asthma or diabetes.
- Wear comfortable clothing.
- Have something to eat and drink before you leave home.
- Do not wear any make-up.
- Bring your glasses with you.
- There are small lockers available for valuables and handbags.
- If your health status changes in any way before your operation, including starting a course of antibiotics, or if you have any other concerns please contact us on 01603 646187 (Monday-Friday 9am-5pm)

Day of your operation

- On arrival at the department you will be met by a member of the nursing team.
- You will be given an opportunity to discuss your surgery and asked to sign a consent form.
- Your vision will be checked and then drops will be put in to your eye to prepare it for surgery.
- Prior to operation you may have your eyes examined by the surgeon.
- You will be accompanied to and from the theatre by a member of the theatre team who will also hold your hand during the operation. This is not just for comfort but as a line of communication between you and the doctor.
- The operation is performed under local anaesthetic and takes between 15-30 minutes.
- During the operation you should keep your head still and lie as flat as possible.
- A clear shield will be placed over your eye at the end of the operation.
- You may be asked to return the day after surgery to have your eye pressure checked.
- When you get home, take it easy and rest.
- You may want to take a mild painkiller if you experience any discomfort.
- Do not drive on the day of your operation and until advised.

After your operation

Following your operation if you have either

- Excessive pain.
- Loss of vision.
- Increasing redness of the eye.
- Discharge or swelling of the eyelids.

Telephone:

Eye Casualty at the Norfolk and Norwich Hospital **01603 287787**

Opening times: Monday to Friday 08:30 to 17:30

Saturday 08:30 to 17:00

Sunday 08:30 to 12:30

At all other times please telephone **01603 286286** and ask the operator to contact the **OPHTHALMIC (EYE) DOCTOR ON CALL**

If you need to contact us after your operation, we will need to know the date and type of operation you have had and your hospital number.

- Normal daily activities may be resumed after surgery unless otherwise advised.
- The eye may feel gritty due to the small wound in the eye.
- Do not touch or rub your eye, splash water in your eye, wear eye make-up or go swimming for 3 weeks due to the risk of infection.
- If your eye needs cleaning, use freshly boiled water that has been allowed to cool.
- Bathe gently using cotton wool pads and clean from the inside corner of the eye outwards.
- Use disposable tissues to dab tears away.
- Do not touch the actual eye.
- Instil your eye drops as prescribed, the instructions will be clearly written on the eye drop box or bottle.
- You will be given an eye shield to use at night-time for 2 weeks; apply with narrow surgical tape, remembering to wash the shield in soap and water each morning to keep it clean.
- In bright weather it may be necessary to wear sunglasses.
- You will be advised regarding your follow-up appointment, this may be at the hospital or with an optometrist in the community.
- Please remember to have these at home to use after the operation:
 - Cotton wool pads.

- Surgical tape.
- Mild analgesia (Paracetamol).

Allies Ophthalmology Department
Cromer and District Hospital
Direct Tel: 01603 646247

