

Instructions for after your Cataract Operation

- You may have some discomfort when you get home. If you feel that you need painkillers, a mild one such as paracetamol should be sufficient.
- You should rest on the day of your operation.
- It is normal for some fluid to leak from the eye. You may gently dab the excess away with a tissue but be careful not to touch or rub your eye.
- You may watch TV or read, but your vision may be blurred.
- Your 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.
- Wear the eye shield when you go to bed for 2 weeks after the operation.
- Use your eye drops as prescribed and attend your outpatients clinic or community optometrist appointments as planned.
- Please ask the nurse about driving, we would recommend that you inform your insurance company about your surgery.
- Visit your opticians 4-6 weeks after your operation for new glasses. In the interim period, "off the shelf" reading glasses may help for near vision.
- For non-urgent advice following your operation please telephone 01603 288632
- **EYE EMERGENCY** If you have excessive pain, loss of vision, increasing redness of the eye, excessive 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

For **URGENT** advice between the hours of 17:00 and 08:30 telephone **01603 286286** and ask the operator to contact the **OPHTHALMIC (EYE) DOCTOR ON-CALL**.

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

TO CLEAN THE EYE (If necessary)

- First boil a kettle, pour the boiling water into a cup and leave to cool.
- Please wash your hands.
- Moisten some clean cotton wool pads with the cooled water.
- Starting with the lower lid, clean from the corner nearest your nose, gently sweeping along the lower eyelashes.
- **DO NOT TOUCH THE ACTUAL EYE.**
- To clean the upper eyelashes, close the eye and gently sweep the upper lashes with a moistened cotton wool pad with a downward stroke.
- Again, remember not to touch the eye itself.
- When the eye is clean instil your eye drop.

PUTTING IN YOUR EYE DROPS:

- Wash your hands.
- Give the bottle a gentle shake.
- Remove the top.
- Tilt your head back.
- Look up and open your eyes.
- Gently pull down the lower lid to form a pocket.
- Allow a drop to fall onto the surface of the eye.
- Close the eye for 60 seconds.
- Do not allow the top of the bottle to touch your eyelashes or your fingertips.
- If you miss the first time, don't worry, just have another try.
- If more than one drop comes out, this will not harm your eye.
- An alternative would be to lie down on the bed and place the bottle of the eye drops on the bridge of your nose in line with your eye. Then pull down your lower eye lid with your other hand, forming a well. When you are lined up, squeeze the bottle.

