

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							

Eye clinic contact information

Telephone: 01483 571122 ext 4498/4648
Monday to Friday 9am – 5pm
Or 01483 571122
Ask for the on call eye doctor

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: December 2016

Future review date: December 2019

Author: Carolyn Hunt

PIN161215–1153



Patient information leaflet

Cataract surgery discharge advice



Eye clinic

What should I expect after my cataract operation?

There should be no problems following surgery.

However, you should be aware of the following:-

You may experience an itchy or gritty feeling in the eye or some slight discomfort following surgery, this is normal. Take some mild painkillers, such as paracetamol, but always follow the instruction on the packaging. If the pain is intense or does not settle, please ring the hospital immediately.

There may be some bruising around the eye or redness of the white part of the eye, this is normal.

It takes about five weeks for your vision to settle down. You may experience some blurring or double vision for The first few days which should wear off. If it does not settle, then please contact the eye clinic. You may also find that everything seems very bright, if so wear Sunglasses until you become accustomed to the light.

When you put the drops into your eye after the Operation, you may experience a stinging sensation for About thirty seconds, this is quite normal. However if your eye becomes red or the discomfort does not go away, please contact the eye clinic.

Important Advice

- Keep your outpatient appointment.
- Wear your eye shield at night for one week, or as otherwise instructed.
- Continue to use Glaucoma drops if you have Glaucoma.
- Try not to rub or apply pressure to your eye.
- Undertake sport and gardening with care.
- It is advisable not to swim for four weeks after cataract surgery.

How do I put my eye drops in?

- Wash your hands.
- Provided your eye is clean and comfortable, put in the drops as instructed.
- Tilt your head, gently pull down the lower lid with one hand and look upwards.
- Allow the drop to fall inside the lower lid.
- Try not to let the dropper touch the skin or the eye.
- Put the drops in at the same times each day, then you are less likely to forget.
- If your lids get sticky, clean them with a cotton bud soaked in some cooled boiled water. Clean from the inside of the eye outwards once and then discard cotton bud.

Repeat as necessary.

There is a table with tick boxes overleaf to help you remember the drops.

Important

If your eye becomes increasingly red, painful or sticky or you experience a reduction in your vision, please contact the eye clinic immediately (see overleaf for contact information).

Reference Source

- NICE Guidelines
www.nice.org.uk - cataracts
- British National Formulary (BNF) 2014