

Glaucoma and Cataract Surgery

Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Glaucoma Surgery - A Drainage Operation For Raised Pressure In The Eye.

Cataract Surgery - Removing the cloudy lens of your eye and inserting a new lens.

Post Operative Advice

You may carry on with normal activities such as reading, watching TV, washing your hair, having a bath or shower.

Watch television and read in moderation or as much as comfortable.

Your face may feel numb, you may have blurred and/or double vision for several weeks after. Your eye may look red and can water. This is normal and should soon wear off.

You may also get a gritty feeling and some discomfort is expected, you can take simple painkillers for this. Please follow the instructions on the label.

You should wear the plastic shield at bedtime for one week. This can be washed in soap and water and held in place with tape.

If there are stiches in your eye, these may be left in or removed at a later date.

Further information

<http://www.patient.co.uk/>

<http://www.nhsdirect.nhs.uk/index.asp>

<http://www.patientsupport.org.uk/>

Useful information

If you have any severe pain in the eye or sudden loss of vision before your next appointment please ring:

01744 646136/7 Eye Clinic

Monday – Friday
9.00am – 5.00pm

Or

Ring **0151 426 1600** and ask for the **on call ophthalmologist**

Outside these hours or bank holidays (24 hours).

Useful contact information

Sanderson Suite 01744 646089/646098

For appointment queries please ring:

Sanderson Suite Reception - 01744 646085/646087

Tomorrow morning

Wash your hands and remove the eye shield.

If your eye is sticky or crusty bathe gently from inner corner to outer corner with cool boiled water with the gauze swabs provided.

Do not apply significant pressure to the eye and take care not to scratch it.

Start your new eye-drops as prescribed (only in the operated eye).

These drops can be given for up to six weeks, and may be reduced gradually by the doctor as needed.

You will be given enough drops to cover the prescribed course and duration, however if you run out please contact the ward.

Please wash your hands before treating your eyes with drops.

You can stop using the glaucoma drops **only in the Operated Eye.**

If you are using glaucoma drops in the other eye please carry on.

If you are unsure of how to proceed regarding glaucoma drops, please check with the nurses.

Things to avoid

- Avoid rubbing, touching, or knocking the operated eye, or putting used tissues or handkerchiefs near the eye.
- Avoid lifting your face up to the shower spray.
- Avoid getting any soap or shampoo in the operated eye. Wear your eye shield to help to prevent this.
- Do not undertake any strenuous exercise or heavy lifting for two weeks (this includes carrying heavy shopping bags. This includes bending, lifting or straining).
- Do not undertake swimming or contact sports for six weeks.
- Avoid driving before checking with the doctor or your eye clinic nurse.
- Avoid wearing eye make up (if applicable) for at least four weeks. It may be advisable to replace items such as mascaras.

Who to contact

Your nurses today were

.....

Your Surgeon/Consultant is

.....

If you have any questions please speak to a staff member who will be able to advise you.

Your next appointment is

.....

at

at **The Eye Clinic (St Helens Hospital)**

Please bring your spectacles to clinic.