

Cataract Surgery

Post Operative Information

Sanderson Suite 01744 646089/646098

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Post Operative Advice

Your cataract, (clouding of the normally clear lens of your eye) was removed and your new lens implant inserted.

You may carry on with normal activities including watching TV, reading etc. You will not strain your eye doing this.

Wear dark glasses for comfort (if required) Be careful not to poke yourself in the eye when putting on glasses.

Your face may feel numb, you may have blurred and/or double vision and your eye may water, these are all normal and should soon wear off.

You may also get a gritty feeling and some discomfort is expected and you can take your normal painkillers such as paracetamol. Always follow the instructions

Wear the plastic shield at night for one week. This can be washed with soap and water and put it back on with sticky tape.

Things you need to avoid

- Heavy lifting (this Includes heavy shopping bags).
- Extreme physical exertion including contact sports.
- Avoid rubbing or touching the eye with used handkerchiefs or tissues.
- You may shower, but do not look directly up at the spray.
- Avoid getting shampoo or soap in the operated eye. Wear your eye shield when washing your hair.
- Avoid swimming for 4 to 6 weeks.
- Avoid driving unless you have checked with your surgeon first.
- Using eye make up such as mascara (if applicable, for the next four weeks) Then replace any old items such as mascara wands to avoid infection.
- If you work, how soon you can return will largely depend on your type of job. You may need a sick note.

Tomorrow Morning

Wash your hands and remove the eye shield.

If your eyelids are crusty, bathe gently with cool boiled water. Be careful not to press too hard when bathing your eye. Dip cotton wool or clean gauze in the cool boiled water.

- Gently wipe from the inside (near your nose) to the outside corner of your eye.
- Do not wipe inside your eye.
- Do not wash your eye out with water.
- Do not press on your eye.

During the first 2 weeks, you may need to clean your eye twice a day because the drops and the healing process can cause slight stickiness.

Start your eye drops today as prescribed. There is information regarding the dosage included in this leaflet as well as on the label/box.

Eye Drops

This section contains important information regarding your eye drops and when to put them in. If you have any questions about the drops please contact the ward or speak to a nurse before you leave the ward.

1: _____

2: _____

3: _____

(You may have been given two bottles of the same type of drops, this means that the 2nd bottle is a spare one, for use only if you run out. Do not use two bottles of the same drops at once).

If you take drops for Glaucoma you must continue to take these as prescribed. Do not stop these unless you have been instructed by the surgical team to do so.

How to apply eye drops

- Wash your hands.
- Tilt your head back.
- Look up at the ceiling.
- Gently pull down the lower eyelid.
- Squeeze the bottle until a drop goes into your eye.
- Close your eye and wipe away any excess liquid.
- Do not let the bottle touch the eye.
- Safely dispose of the drops once you have finished your course of treatment.

If you run out of eye drops before the course has finished please contact the ward.

Your nurse today was: _____

Your next appointment is: _____

at the eye clinic at: _____

Further Information

Contact Numbers

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

01744 646136 / 01744 646137

Monday - Friday 9.00am - 5pm

Or outside these hours or bank holidays **0151 426 1600** and ask to be put in contact with the on call Ophthalmologist.

Any queries regarding your appointment ring:

01744 646130 / 01744 646131

Sanderson Suite Contact Number:

01744 646089/ 646098



**Mersey and West Lancashire
Teaching Hospitals**

NHS Trust

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

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