

## Advice following cataract or glaucoma surgery

### Post operative instructions

- Drops to start the morning after surgery
- Never rub or touch the eye
- If you have been given an eye shield please wear this at night. Apply with surgical tape and wear for 2 weeks
- When washing your face, avoid the eye area
- Avoid strenuous activity like sports and swimming for a month, and heavy gardening and lifting for two weeks
- It is OK to look and bend down, but no excessive bending to the floor
- Watching TV and reading will not cause you any harm
- You may initially experience some double vision, blurred vision and a gritty sensation, however this will stop
- Your pupil may be enlarged for up to 24 hours after surgery
- The nurse or doctor can advise you about driving. Please do not drive until after your clinic appointment
- New glasses, if needed, can be prescribed 4 to 6 weeks after surgery, unless you are advised otherwise
- If you notice any sudden redness, swelling, loss of sight, nausea or vomiting, or intense pain that is not relieved by simple analgesia, please contact the **Ward B6 on 01709 424356**

**Should your vision become cloudy or dim a few months following your cataract surgery, please contact your GP or Optician as you may need to be seen by an Ophthalmologist.**

### Ward B6 opens

Monday to Friday 7.00am until 6.15pm

### Ward B6

Telephone **01709 424356**

If you need advice or information when the ward is closed please contact one of the following:

- Your own GP
- Your nearest Accident and Emergency Department
- Rotherham Hospital switchboard on **01709 820000** and ask for the **Ophthalmology Senior House Officer on call**

**Name**

---

**Hospital Number**

---

Your eye drop regime is as follows:

The following drops should be applied to the operated eye only, starting the morning after surgery.

**Right Eye**

	Breakfast / Lunch / Tea / Bedtime <b>Week 1</b>
	Breakfast / Lunch / Tea / Bedtime <b>Week 2</b>
	Breakfast / Lunch / Tea / Bedtime <b>Week 3</b>
	Breakfast / Lunch / Tea / Bedtime <b>Week 4</b>
	Breakfast / Lunch / Tea / Bedtime

**Left Eye**

	Breakfast / Lunch / Tea / Bedtime <b>Week 1</b>
	Breakfast / Lunch / Tea / Bedtime <b>Week 2</b>
	Breakfast / Lunch / Tea / Bedtime <b>Week 3</b>
	Breakfast / Lunch / Tea / Bedtime <b>Week 4</b>
	Breakfast / Lunch / Tea / Bedtime

- If the eye is sticky, use cooled boiled water to gently clean the lids, taking care not to poke the eye
- When putting the eye drops into your eye do not allow the bottle tip to touch the eye
- Do not allow other people to use your eye drops
- If your drops run out, please ask your GP for a repeat prescription

**How to apply your eye drops**

- Always wash your hands before putting in the drops
- Sit or lie with your head tilted backwards
- Gently pull the lower lid down with one finger
- Holding the drop bottle on the bridge of your nose or on your forehead, squeeze one drop into the eye
- Close your eye and gently blot any excess drops with a clean tissue