

Advice for patients after cataract surgery

Department of Ophthalmology

Information for Patients

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What to expect after your operation

- You may have some blurred or double vision. This may last for up to a month.
- After your operation your vision may not be as good as before. However, it should slowly improve. Some people will need new glasses to get the best possible vision. You will be advised by your doctor or optician if/when to get new glasses.
- Your eye may feel uncomfortable and gritty after your operation. To ease this, you can take painkillers such as those you take for a headache e.g. paracetamol.
- Your pupil may be enlarged for up to 48 hours after surgery.
- It is best that you do **not** drive until your nurse, doctor or optician advises that you are able to do so.
- Your eye should slowly improve over the weeks after the operation.
- If you notice any of the following you should contact the Ophthalmic Suite or Eye Casualty using the phone numbers on the last page of this leaflet:
 - increased redness
 - increased swelling
 - sudden loss of sight
 - vision getting poorer
 - intense pain
 - yellow, sticky discharge

After surgery, you should:

- wear the eye shield until the morning after your operation.
- remove the eye shield the morning after your operation and start using your drops.
- wear the eye shield in bed for the next 7 nights. Apply with surgical tape which is available from pharmacies and supermarkets.
- wash the eye shield daily with hot soap and water.
- make sure that you use your drops as directed by your discharge nurse. You will be given enough eye drops to last 1 month. If you lose them or think you might run out, you should request a repeat prescription from your GP.
- if you wish, you can wear sunglasses or your normal glasses during the day.

- if your eye is sticky in the mornings, you can wipe it with cooled boiled water and cotton wool.
- it is OK to look and bend down.
- cooking, watching TV and reading will not cause any harm.
- continue with any long-term regular eye drops. If you are unsure, please ask a nurse or doctor.
- avoid energetic activity such as contact sports and swimming for 1 month, and heavy gardening and lifting for 2 weeks after your operation.

After surgery, you should not:

- drive until you have checked with your doctor, nurse or optician when it is safe to do so.
- rub or touch your eye.
- wear eye make-up for 1 month.
- get soap and water in your eye when washing your face and hair.
- wear your contact lenses until you have finished using the eye drops that were given to you after your surgery.

Follow-up appointment

Your discharge nurse will tell you whether your follow-up appointment will be at the hospital or with your local optician. Some patients you will need appointments at both.

- If your follow-up appointment is at the hospital we will send an appointment letter in the post.
- If your follow-up appointment is at your optician, you will need to make an appointment for 4 to 6 weeks after your operation.
- You may be given a hospital appointment and advised to have a follow-up appointment with your optician. You must attend both appointments.

Please note

If you have any question or concerns, please contact the unit where you had your cataract surgery using the phone number on the last page of this leaflet.

How to apply your eye drops

- Always wash your hands before you start.
- Sit or lie with your head tilted backwards.
- Gently pull the lower lid down with one finger.
- Holding the bottle on the bridge of your nose or on your forehead, squeeze 1 drop into the eye. Do not let the bottle tip touch the eye.
- Close your eye and gently blot excess drops with a clean tissue.
- If you think you may have missed your eye with the drops it is safe to put another drop in.
- Do not let other people use your eye drops.
- Throw away the drops when you have finished the course of treatment.



Your eye drops routine is as follows:

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

You must leave 5 minutes between putting in each eye drop, so that second drop does not wash out the first.



Eye drop	Time	Action
Chloramphenicol (to keep in fridge)	1 drop, 4 times a day, for 2 weeks, then stop	Antibiotic
Dexamethasone (also called Maxidex)	1 drop, 4 times a day, for 4 weeks, then stop	Anti-inflammatory

Eye drop chart

1 drop from each bottle (chloramphenicol and Maxidex), 4 times a day. **Remember to leave 5 minutes between each drop**

	1 st drop	2 nd drop	3 rd drop	4 th drop
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

Continue onto this chart for Maxidex drops only:

1 drop from Maxidex bottle, 4 times a day.

	1 st drop	2 nd drop	3 rd drop	4 th drop
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				

Contact details

If you have any questions or concerns, please contact the unit where you had your surgery:

Ophthalmology Suite at Leicester Royal Infirmary:

0116 258 6248 or 0116 258 6850 Monday to Friday 8.30am to 7.30pm

Loughborough Hospital Day Surgery Unit:

01509 564 406 Monday to Friday 8am to 6pm

Hinckley Hospital Day Surgery Unit:

01455 441 845 Monday to Friday 8am to 5pm

Eye Casualty Department - Leicester Royal Infirmary:

0116 258 6273 Monday to Friday 8am to 4.30pm

Weekend and Bank Holidays 8am to 12.30pm

At other times please contact your **nearest Emergency Department** for urgent concerns.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead

or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research