

CATARACT DISCHARGE INFORMATION

OPHTHALMOLOGY DAY SURGERY

This information is available in other formats and languages on request. Please ask your nursing staff to arrange this.

ALWAYS WASH YOUR HANDS PRIOR TO ANY EYE CARE

DAY AFTER YOUR SURGERY

- Remove your plastic shield and keep it to wear when sleeping for a minimum of three nights.
- Discard the eye pad if you have one.
- Clean your eye lid (wiping from nose towards ear with pack provided).
- Dispose of pack after cleaning eye.

- You have been given eye drops start these after cleaning your eye as follows:-
 - Tilt your head back or lie on a bed.
 - Gently pull the lower lid away from the eye.
 - Place dropper close to the eye socket (not touching) look up.
 - Place one drop into the space between the lid and the eye.
 - Gently close your eye and blink slowly several times.

Do not rub your eyes.

You must put your eye drops in as follows
(unless told otherwise).

One drop four times a day for 28 days

**Do Not Stop Glaucoma drops unless
you have been told to**

After cataract surgery

You are usually able to drive when your vision is clear and when you have no pain as this can reduce concentration. You must test your vision yourself by standing 20.5 metres / 22 yards from a car and be able to read the number plate.

- No physical activities for 6 weeks (Swimming, golf, etc).
- You may garden after 2 weeks, providing you wear protective eye wear for at least 6 weeks.
- No hair washing for 4 days and avoid getting soap in your eyes.
- No eye make up for 4 weeks. Please start new eye makeup.
- You may need to wear eye protection if it is very bright or windy.
- You can read, watch TV and use a computer as normal. (As long as your eye feels comfortable).

GLASSES

- You may need to have the lens removed from your glasses.
- You need to book an eye test for 4 - 6 weeks after your surgery.

WHEN SHOULD I CONTACT THE HOSPITAL

- If you have a lot of pain.
(Mild discomfort or gritty feeling is normal, paracetamol should alleviate this).
- Sudden increase in redness or if it gets worse after improving.
- Any discharge.
- If your vision gets worse after it has improved.

CONTACT NUMBERS

1. Ophthalmology Outpatients Triage on 01423 542217.
Between 08:30 - 17:00pm week days.
2. After 17:30pm week days and bank holidays call
01423 885959 and ask for the on call eye doctor.
3. On Saturday after 13:00pm until 8am Monday
morning please contact York district hospital on
01904 631313 and ask for the on call eye doctor.

I have received the above information at my discharge
Interview and it has been explained to me.

Date _____ Time _____

Patient/Carer/Relative Signature _____

Discharge Practitioner Signature _____

Print _____