

## Information for Patients

# Following Cataract Surgery

### What to expect on the day of your operation

You should rest quietly for the remainder of the day.

Your face, forehead, and cheek may feel numb following your anaesthetic. This is normal and will wear off gradually.

You may feel some discomfort following your operation and for a few days afterwards. Taking a mild pain relief medicine, for example Paracetamol, will help. **If you are already taking pain relief medication for a different condition continue with these, but do not take both.**

If you have severe pain, nausea, or vomiting, please contact the hospital on the telephone numbers given overleaf.

Do not remove your eye dressing until the morning after your operation. If the dressing falls off, wash the plastic cover thoroughly with warm soapy water and dry with a clean towel. Replace the plastic cover over your eye using tape or sellotape to secure it.

It is normal for your eye to water and for tears to be blood stained for 2-3 days. However, if you have had stitches in your eye these symptoms may last for approximately 1 week. It is normal to experience a pricking sensation.

### General instructions following your operation

If there is oozing, wipe your cheek with a clean tissue. Use the tissue only once and throw it away.

To clean your eyelids the following morning after your operation please refer to the 'How to do your first eye dressing leaflet'.

Always wash your hands thoroughly before and after using your drops. **Keep using your drops as prescribed.**

You can read, watch television, and go outdoors. Although it is not necessary to cover your eye, you may find bright light uncomfortable. If this is the case, shield your eyes with sunglasses.

Please do not rub or touch your eye. Wear the plastic cover provided over your eye whilst in bed for 2 weeks. This will protect your eye during sleep.

You may wash your face and hair, but avoid getting soap into your eyes.

Take care when bending as you may misjudge distances and bump your eye on furniture, for example.

You should ask the Doctor when you could return to work, as this will depend upon your occupation.

Returning to driving will depend upon your vision. Advice should be sought from your Doctor, Optometrist, Nurse, and your insurance company. Do not drive with the eye shield on.

At your next appointment, you will be examined and advised when you can have your eyes tested for new glasses. In the meantime you can wear your original glasses.

### **You should contact the hospital on the numbers below if**

- You have excessive pain or severe headache with nausea or vomiting.
- You have a sudden loss of or reduction in your vision.
- Your eye becomes very sticky.
- Your eye and/or eyelid becomes redder, swollen, or itchy after using your drops.

**Eye J day Case Unit: (0161) 276 5442** Monday to Friday 7.30 am - 7.30 pm.

Outside of these hours and on Bank Holidays, you can contact staff at the **Emergency Eye Centre on (0161) 276 5599** until 9.00 pm or **Ward 55 on (0161) 276 5512**, 24 hours every day.

Following discharge from the hospital if you have any worries, you can get help from your own General Practitioner. If you are between outpatient appointments and are worried please contact your consultants secretary Monday - Friday 9.00 am - 5.00 pm via the hospital switchboard on **(0161) 276 1234** asking for your consultants secretary. Have your appointment card with you as this contains your hospital number, which will help the secretary.