

Manchester Royal Eye Hospital
Cataract Services Withington Hospital

Information for Patients

Following Cataract Surgery at Withington

What to expect on the day of your operation

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

You may feel some discomfort for 2-3 days after your operation. Taking Paracetamol or your usual pain relief medication can help this.

If you experience any of the symptoms mentioned below contact the hospital immediately on the numbers given at the end of this booklet.

- Any sudden worsening of vision
- Increasing redness
- Severe pain not relieved with painkillers
- Increasing discharge
- Flashes and floaters
- A curtain or shadow in your vision
- Nausea and vomiting associated with eye pain
- Your eyelid becomes redder, swollen or itchy after using your drops

Do not disturb your eye dressing. If the dressing falls off, wash and dry the plastic cover thoroughly with warm soapy water and dry with a clean towel. Replace the shield over your eye using micropore tape to secure it. **Please note: micropore tape is not supplied by the hospital, this can be bought over the counter at your local pharmacy.**

You should rest quietly for the rest of the day.

What to expect on the first 24 hours

What is normal after cataract surgery?

- Mild discomfort or grittiness
- Watering of the eye
- Slight redness
- Blurred vision for the first few days
- Sensitivity to light
- Glare, halos or starbursts around lights
- Mild fluctuation in vision
- Blood stained tears for 1-2 days if you have had stitches in your eye these symptoms may last for approximately 7-10 days.

General instructions following your operation

The day after your cataract surgery you can continue activities such as reading, walking, watching tv, using your mobile phone and showering but please avoid getting water or soap near the eye.

After 2 weeks you can resume lighter exercise at the gym and activities such as golf

After 4 weeks you can resume heavy lifting, swimming and more strenuous exercises

Please do not rub or touch your eye. If there is oozing, you should wipe your cheek with a clean tissue.

It is not necessary to cover your eye when you go outdoors, but you may find bright light uncomfortable. If this is the case, shield your eyes with sunglasses.

You will need new glasses. Once your eye has been checked at 4 weeks you can have your optician measure your eyes for new spectacles. If the plan is to have both eyes' cataracts removed it is best to only have glasses made up once both eyes have been operated on. In the meantime, you can wear your original glasses if comfortable or an older pair. Some patients feel better without wearing their glasses until they have a new pair made up. If in doubt, ask your optician

Returning to driving will depend upon your vision, you are legally able to drive as soon as your vision meets the DVLA driving standard which is generally 1-2 weeks. Before resuming driving, you will need to be fully recovered from your surgical procedure. You should also be free from the distracting effect of pain, or the sedative or other effects of any pain relief medication you are taking to be able to concentrate fully on driving.

Ultimately, it is your responsibility to ensure that you are in control of the vehicle at all times. If you are in any doubt you should book an examination at your own opticians to confirm you meet the DVLA standards.

Take care when bending as you may misjudge distances due to one eye being covered and bump your eye for example on furniture, especially in the first 48 hours following your operation.

How to do your first eye dressing

Follow this procedure on waking the day after your operation.

- Thoroughly wash and dry your hands.
- Remove your plastic eye cover and any dressings covering your eye. Keep the plastic eye cover and throw away the remaining items.
- Wash the plastic eye cover in warm soapy water and store it in a dry place. The plastic eye cover must be worn whilst in bed, for 2 weeks. Replace the eye cover using tape to secure it.
- Each morning pour cooled boiled water into a small clean container; and then use this to clean your eyelids.
- Wash and dry your hands again.
- Clean your eyelids from the inside corner, (near your nose) outwards, using clean cotton wool or tissues dipped into the water. Use fresh cotton wool or tissue each time you wipe.
- Put in your eye drops or ointment as you have been shown.
- Avoid touching any part of your eye with the dropper to avoid contamination of the drops or injury to the eye. Make sure the dropper lid is placed on a clean surface.
- Hold your head back; with the dropper bottle in one hand and with the fingers of the other hand gently pull the lower eye lid to form a gap.
- Squeeze the dropper bottle so that one drop goes into the pouch created between the eyeball and the lower eyelid. You may find that the drops sting; this is normal.
- Close your eye gently and keep it closed for a slow count of 60. This will allow the drops time to start working.

- Wipe away any liquid that did not go into the eye with a clean tissue.
- If you are having more than one type of drop they will be labelled A, B, C, etc. This is the order they should be used in. Leave at least 5 minutes between each drop.
- Replace bottle lid immediately after use and store the drops as instructed as this may vary.
- Keep the eye clean. If the lids are sticky, clean them using cotton wool balls and cooled boiled water.
- If you lose or run out of your drops before the end of your treatment get more from your General Practitioner. Once opened the drops can be kept for 4 weeks and then must be thrown away.

Please follow these directions carefully, they are very important. Keep using your drops as you have been told. Always wash your hands thoroughly before and after using your drops and advise friends or relatives to do the same if they are putting your drops or ointment in for you.

Reducing the risk of infection

- It is essential that strict attention is paid to hand washing and personal hygiene and that your fingernails are always clean following your operation.
- It is advisable that you use anti-bacterial soap for 3-4 weeks following surgery to wash your hands and face which is available from supermarkets and pharmacy stores.
- It is recommended that **re-usable handkerchiefs should not be used at all after surgery**. Disposable tissues **only** are advised.
- It is essential that eye make-up is **not worn** until all drops have been discontinued and you have been discharged by your doctor/optometrist.

The above advice is not meant to offend you. It is essential that attention is paid to strict personal hygiene in order to prevent and to help reduce the risk of infection on your behalf.

Your post-operative care

After your cataract surgery you will receive post-operative care to make sure your eye has healed well. This will happen in one of the following ways, depending on what your surgeon thinks is best.

- Community post-operative check with a specially trained optometrist at a local opticians practise. If this service is available in your local area, we can securely share your operation details with an optometrist, who will check your eyes and share their findings back with us for your medical record.
- Post-operative review telephone call for patients who do not have a service available in their local area. This phone call will take place one month after surgery and you will be asked a number of questions around:
 - Your level of vision
 - The comfort of the operated eye
 - Any unusual symptoms
 - Whether you have managed to put your eye drops in regularly
 - If we had planned to operate on both eyes, whether you have had any changes to your general health or medications. Then we will check if you are happy to proceed to have your second eye operated on.
 - Whether you have any questions for us
- There will be a small number of people who will be booked for a face to face post-operative check at the hospital. This is more likely if you have other eye related conditions as well as cataract. We will sometimes see patients for a face to face consultation based on the result of their telephone post-operative call.

Contact Numbers

Cataract Centre at Withington Community Hospital:

 (0161) 217 3008 Monday – Friday 7.30 am – 4.30 pm

If you require emergency treatment, you can contact the Emergency Eye Department which is open from 8.00am to 8.00pm every day. Outside of these hours please contact Ward 55 open 24 hours every day. These departments can be contacted via the hospital switchboard on (0161) 276 1234 asking to be put through to the Emergency Eye Department or the ward.

Appointment Information

 Manchester Royal Eye Hospital Cataract Centre
Withington Community Hospital
Nell Lane
Withington
M20 2LR

Frequently Asked Questions

Q. Can I watch TV? Yes

Q. Can I read? Yes

Q. Can I sleep on the operated side? Yes, but wear the shield as advised

Q. Can I bend down? Avoid it completely for the first 2 weeks and then carefully for the following 2 weeks

Q. Can I fly? Usually after the first post operative review

Q. When can I get new glasses? Usually after 4 weeks