

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 have severe pain, nausea, or vomiting, please contact the hospital on the numbers given at the end of this booklet.

You should also contact the hospital if:

- You have a sudden loss or reduction in your vision.
- Your eye becomes very sticky.
- 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 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 7-10 days.

You should rest quietly for the rest of the day. You may watch television or read.

General instructions following your operation

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

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.

Returning to driving will depend upon your vision. We normally advise that patients wait until their post-operative review appointment at 4 weeks before they start driving. If you need to drive before then see your own optician for a formal eye test earlier so they can confirm you meet the DVLA driving 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 remainder.
- 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 or Sellotape 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 3 minutes between each drop.

- Replace bottle lid immediately after use and store the drops as instructed.
- 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 clean at all times following your operation.
- It is advisable that you use a bactericidal 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.

Should you have any major concerns about your eye drops, please contact a member of the pharmacy staff on (0161) 217 3904 Monday - Friday 9.00 am -5.00 pm.


Contact Numbers

Cataract Centre at Withington Community Hospital:

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

Outside of these hours and Bank Holidays, you can contact staff at the Emergency Eye Centre on (0161) 276 5599 between 8.00 am - 9.00 pm every day or Ward 55 on (0161) 276 5512 available 24 hours every day.

Appointment Information

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

Patient's Name:

Hospital Number:

An appointment has been made for you on:

Day:

Date:

Time:

Please report to the Manchester Royal Eye Hospital Cataract Centre reception on the 1st floor of the Withington Community Hospital.

The waiting area is limited therefore we ask that only one person accompanies you to your appointment.

Further appointment dates:

Day:

Date:

Time:

Day:

Date:

Time:

Day:

Date:

Time:

Notes

