

Discharge advice for patients following eye surgery

Information for patients from the Ophthalmology Department

What happens after surgery?

After your surgery you will be given some written instructions, a copy of your GP letter, and usually some eye ointment to use at home. Please use the ointment as instructed. Your eye may be covered with a pad. Please wear the pad as advised on the day of surgery and remove as instructed (usually between one to seven days after your surgery, depending on what operation you have had).

How can I expect my eye to feel after surgery?

The following are common symptoms and are not to be concerned about.

- Mild discomfort, which can be eased with your usual painkilling medicine.
- Red or bloodshot eye; this usually settles within one to two weeks.
- Some swelling and/or bruising in and around your eye; this usually settles within one to two weeks.
- Some oozing of blood.
- You may have stitches (sutures) which usually take two to three weeks to dissolve, or may be non-dissolvable which will need removing (usually two weeks after surgery at your GP surgery or in clinic).

When should I ask for help?

These early symptoms should gradually settle down as the days and weeks go by. If you have any of the following or you are worried about your eye, please go to your nearest Emergency Department as soon as possible.

- Bleeding from your eye or nose; if it is excessive (a lot) or does not settle down.
- Severe pain in your eye.
- Yellow or green discharge from your eye.



How do I use the eye drops/ointment?

- Read the label for the directions.
- Wash your hands.
- Sit or lie comfortably with your head tilted backwards looking at the ceiling.
- Gently pull down your lower eyelid with one finger to make a sac.
- Holding the eye drops/ointment in your other hand, bring the dropper close to your eye (not as close as the diagram, as it may result in contact with your eye causing pain/cross contamination) and squeeze one drop into the sac. Do not let the dropper touch your eye or eyelid. If you are applying ointment, use about a quarter of an inch of ointment to the inner surface of the lower lid of your eye.
- Close your eye and blot any excess solution with a clean tissue.
- Replace the cap of the eye drops/ointment immediately after use (if any contamination occurs please throw away and use a new bottle/tube).
- You may find it easier to get someone to help you or use a dropper aid available from a pharmacy.
- Use only for the eye mentioned on the label, unless told otherwise.
- Throw away the bottle/tube once treatment is completed, otherwise use a fresh bottle every four weeks.
- If you do not have enough, ask for more from your GP before you run out.



Installation of eye drops



Application of eye ointment

Can I still use my other eye drops?

Yes. Please continue to use all your usual eye drops such as artificial tears or glaucoma medicines if you usually have them. Use a fresh bottle for your operated eye and a separate bottle for your other eye for the first month after your surgery. Please leave a gap of three to five minutes between different eye drop medicines.

Can I clean my eye?

Yes. You can gently clean your eye (after washing your hands) using some boiled, cooled water (made fresh every time), and some cotton wool pads. Do not use a flannel or handkerchief on your eye for the first month after your surgery because of the risk of infection.

What can I do for the first one to two weeks after my surgery?

You can do your normal activities such as reading, watching television, going out, and light housework. Please avoid getting dirt in your eye or lifting anything heavy. Do not lean forward to wash your hair, lean backwards instead; keeping soap and tap water away from your eye. Avoid rubbing your eye.

If you wear glasses, place your thumbs over the ends of the frame when putting them on to avoid any chance of poking your eye.

When can I swim?

Not until four weeks after your surgery. This is to reduce the risk of getting an infection in your eye.

When can I wear eye make-up?

You can wear eye make-up when your eye has healed and you have stopped using your eye ointment.

Will I need a hospital follow-up appointment?

Some patients are given a follow-up appointment at the hospital; a member of staff will let you know if you need one.

When can I drive?

You can drive a car or a mobility scooter when you feel safe to do so and you are meeting the following DVLA standard.

People driving a group 1 car/motorcycle, in good light (with the aid of glasses or contact lenses if worn) should be able to read a vehicle registration number plate:

- plate registration before 1st September 2001 at a distance of 20.5 metres
- plate registration after 1st September 2001 at a distance of 20 metres.

People driving must also meet the recommended national guidelines for visual field. Often this can be four to five days or more after surgery. If in doubt speak to your optician.

We advise that you contact your car insurance company as there are specific restrictions that individual companies may have and you may not be covered.

When can I go back to work?

Usually after about one week, depending on what work you do. Office/computer work can start again as soon as you feel able.

Can I travel after surgery?

It is usually fine to travel, once you have recovered from your eye operation. However if you have a gas bubble in your eye (some vitreoretinal patients) you cannot fly until the eye doctor tells you it is safe to do so. For other eye operations, there is usually no restriction on flying.

Please make sure you take your eye ointment with you. Consider travel insurance and how to get medical help for foreign travel.

What should I do if I am worried about my eye?

Please remember that most patients have a very good result from their surgery. If you develop any problems following your operation, please do not hesitate to call us using one of the numbers below (Monday to Friday).

Kent and Canterbury Hospital, Canterbury

- Waiting List Co-ordinator Telephone: 01227 86 64 44
- Ophthalmic Unit Telephone: 01227 86 64 93

Queen Elizabeth the Queen Mother Hospital, Margate

- Waiting List Co-ordinator Telephone: 01843 23 43 64
- Day Surgery Telephone: 01843 23 44 99

William Harvey Hospital, Ashford

- Waiting List Co-ordinator Telephone: 01233 61 67 57
- Channel Day Surgery Centre Telephone: 01233 61 62 63

Where can I find out more?

Further information can be found at:

- Kent Association for the Blind Web: www.kab.org.uk
- Glaucoma UK Web: www.glaucoma.uk
- The Royal College of Ophthalmologists Web: www.rcophth.ac.uk
- NHS: conditions and treatments Web: www.nhs.uk/conditions

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation