



Isle of Wight
NHS Trust

Patient Information Leaflet

Advice following cataract surgery

Produced by:
Department of Ophthalmology

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

Advice following cataract surgery

It is important to take full rest the evening of your surgery and avoid any lifting or other strenuous activity.

For the first 24 hours you may experience

- Headache – Take your usual painkillers. If it is really bad or gets worse, you should contact us at the Eye Clinic on 534504, or out of hours, contact the Accident & Emergency Department at St Mary's on 534640.
- Ache around the eye – Take your usual painkillers e.g. Paracetamol. If it is really bad or gets worse, contact us.
- Double vision – This will gradually wear off in 2–6 hours. Take care going up and down stairs.
- Watering eye – Ignore this overnight and leave the shield in place. This will gradually improve. Gently dab the eye with clean tissues. If your eye becomes very sticky, please contact us.

Foreign body sensation – Any pricking sensations you may feel will reduce in two to four weeks.

What should I avoid?

- Rubbing your eye.
- Risking soap or shampoo running into your eye.
- Taking any strenuous exercise, e.g. heavy lifting, gardening, yoga or swimming, until you have been reviewed at the eye clinic.

How should I care for my eye?

Please use the drops prescribed to you until we ask you to stop them. If they are running out, you can obtain more from your GP.

Maxitrol drops: right/left times per day

- Wash your hands before instilling drops.
- Shake the bottle gently.
- Instil drops as you were instructed by the nurse.
- Close eye for one minute after drop.
- Allow 5 minutes between drops if more than one bottle used.
- You can wear your glasses or sunglasses if it helps.
- Wear your eye shield at night, secured with surgical tape, for one week only. Wash shield with soap and water before use.
- Bathe your eye only if necessary, using cool boiled water and tissue after washing your hands.
- If you are using an auto-dropper, wash it with soap and water every day, rinsing carefully.

Will I need new glasses?

- At your two week appointment, you will be informed when to see your optician. Most people will need glasses for close work.
- If you have a cataract in your other eye, you may be placed on the waiting list if appropriate.

Certain symptoms could mean you need prompt treatment. Please contact the Eye Clinic or A&E immediately if you have any of the following symptoms:

- Excessive pain.
- Loss of vision.
- Increasing redness of the eye.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.