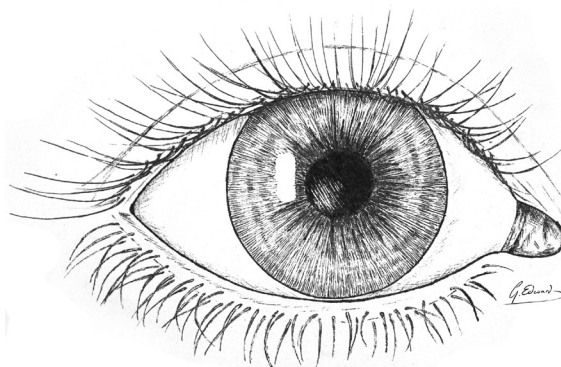


Discharge information for Patients and Relatives following Eye Surgery.

Ophthalmology



Introduction

This leaflet is for patients who have undergone an ophthalmic procedure. It details what to expect after surgery and what to do if there are any concerns during recovery.

What do I need to do after surgery?

It is important that you avoid swimming for six weeks and heavy lifting or contact sports for the first two weeks after your surgery unless your doctor or nurse advises differently.

If the doctor has prescribed medication, please use it as directed.

If you have stitches, they may need to be removed. An appointment will be made for you if this is necessary.

You may be advised to wear an eyepatch overnight.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

If you experience any problems following your surgery or would like further advice, please see contact numbers on the back page of this leaflet.

Day after your surgery:

- Wash your hands before touching your eye
- Remove your eye pad / dressing
- Clean your eye with cotton wool dipped in cooled boiled water
- Use eye drops as instructed
- Use eyeshield at night as advised.

After first day:

- Wash and dry your hands before using eye drops/ ointment
- Use eye drops / ointment as directed
- If you need more drops / ointment, contact your GP for a prescription
- Do not rub your eye
- Use a clean tissue (not a handkerchief) to wipe your eye
- Wear the shield at night for two weeks if instructed to do so
- Do not drive until advised otherwise
- Please attend all your follow-up outpatient appointments.

What type of side effects can I expect and how long for?

It is common to experience a mild amount of pain and swelling at your operation site, mild pain relief, for example Paracetamol taken as per manufacturer's instructions may ease any discomfort experienced, this should settle within 5 - 7 days.

You may experience a small amount of clear fluid or blood stained tears from your wound. If you have been prescribed antibiotics, you may experience some diarrhoea (loose bowel motions).

What signs and symptoms should I watch out for and act on?

In general:

- Soreness, swelling, redness and stickiness around the wound site / eye
- Increased or severe pain
- Feeling feverish (shivering) with a high temperature
- Blood or pus leaking from the wound / eye
- Opening of your wound.

Following a general anaesthetic:

- Nausea / vomiting
- Difficulty swallowing
- Bowels not opened for more than three days
- Not passing flatulence (wind)
- Inability / difficulty in passing urine
- Chest pain
- Shortness of breath
- Pain / swollen calves
- Feeling faint.

Can I help myself?

- Apply direct pressure to the site of bleeding using a clean pad / tissue
- Keep wound / eye clean and dry by cleaning with cotton wool dipped in cool boiled water
- Maintain pain relief
- Drink plenty of fluids
- Eat a healthy diet
- Diabetic patients should ensure that blood sugars are stable.

Following a general anaesthetic:

- Gentle exercise can help prevent Deep Vein Thrombosis (DVT) or blood clots
- All patients should try to mobilise frequently to help prevent this.

What should I do if I am suffering from these symptoms?

If you are concerned about any symptoms within 7 days of your discharge, please contact the following numbers:

Eye Referral Unit

01902 695805

Mon - Fri 08:45 - 17:00

Outside of these hours, please attend the main Emergency Department or contact NHS Direct on telephone number 111.

Mary Jones Ward

01902 695801

Mon - Fri 07:00 - 19:30

Outpatients Department

01902 695831

Mon - Fri 08:30 - 17:00

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。