

## INFORMATION FOR PATIENTS

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# Cataract surgery aftercare

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Please follow these instructions carefully for the first two weeks after your cataract surgery, unless advised otherwise by your eye care team:

- Do not rub, touch, or press on your eye.
- Driving - we recommend that you **do not drive for two weeks**. Your vision will be assessed at your follow-up appointment, and a clinician will advise whether your vision meets driving standards.

### Eye shield:

- Wear the eye shield provided **until tomorrow morning**.
- After removing it, begin using your prescribed eye drops.
- Continue to **wear the eye shield at night for two weeks**, securing it with medical tape.
- Wash the shield as required in warm, soapy water and dry thoroughly.

### Cleaning the eye:

- If your eye becomes sticky or crusted, particularly in the morning, gently bathe it using **cooled boiled water and cotton wool**.
- Use a single wiping motion and discard the cotton wool after each use. Repeat as needed.

### Activities to avoid:

- Avoid strenuous activities such as **sports, swimming, gardening, and working with animals** (due to increased infection risk) for **four weeks**.
- Avoid **heavy lifting for two weeks**.

### **Nose care:**

- Always use **disposable tissues** to blow your nose and discard them after use.
- Do not use cotton handkerchiefs, as they increase the risk of infection.

### **Glasses and contact lenses:**

- Do **not** use your old glasses or contact lenses for the operated eye.
- If necessary, remove the lens from the operated eye, particularly if vision in the other eye is poor.

### **Everyday activities:**

- Watching television and reading are safe and will not harm your eye.

### **Symptoms after surgery**

It is normal to experience some of the following:

- Double vision or other visual distortions.
- Redness or a bloodshot eye.
- Itchy, gritty, or irritated sensation.
- Mild pain, discomfort, or watering.

Your anaesthetic may last up to **six hours**. If you experience discomfort, you may use **simple pain relief** such as paracetamol or ibuprofen (check the dosage instructions on the box).

Your pupil may remain enlarged for up to **48 hours**, and your vision may appear brighter than usual. Wearing sunglasses may improve comfort and help protect your eye.

If you require new glasses, you should see your optician **around six weeks after surgery**.

**Contact the eye clinic at King's Mill Hospital urgently on 01623 676017 if you experience:**

- A sudden loss or disturbance of vision, or a sudden increase in floaters or flashing lights.
- Severe pain that is not relieved by simple pain relief.
- Persistent redness accompanied by blurred vision.

**How to use your eye drops:**

1. Read the instructions on the label and use the drops only in the eye stated.
2. Wash your hands thoroughly.
3. Sit down, tilt your head back, and look upward.
4. Gently pull down your lower eyelid.
5. Instil one drop into the lower lid (or as directed).  
Do not allow the tip of the bottle to touch your eye or eyelashes.
6. Close your eye and blink gently a few times to spread the drop.
7. Replace the cap immediately.
8. Wipe away any excess liquid with a clean tissue.



If you are using more than one type of eye drop, wait 5 to 10 minutes between each drop.

**Storing your eye drops:**

- Keep the bottle closed and store it upright as advised.
- Do not allow the dropper to touch your eye or fingers.
- Avoid breathing onto the nozzle or cap.
- If the dropper is separate, do not place it on any surface - screw it straight back into the bottle.
- Dispose of eye drops **no later than four weeks after opening**, or as stated on the label.
- Write the opening date on the bottle as a reminder.

## **Follow-up appointment**

This will be arranged **within 10 days** of your surgery and will take place **within four weeks**.

This appointment may be at:

- Clinic 8, King's Mill Hospital
- Newark Hospital
- A local optician with Health Harmonie.

If you have not received an appointment within 10 days, please call:

- King's Mill Hospital: 01623 622515, extension 6844.
- Newark Hospital: 01636 681681, extension 5737.

After this appointment, please visit your optician for an eye test and bring the results with you when attending for surgery on your second eye (if applicable).

## **Your eye drops following surgery**

Until your follow-up appointment, please use:

- **Chloramphenicol (antibiotic)** eye drops:
  - o Four times daily for **one week** (store in the fridge.)
- **Maxidex (steroid)** eye drops:
  - o Four times daily for **four weeks**.

Additional guidance:

- Do not allow the bottle tip to touch your eye.
- Do not allow anyone else to use your eye drops.
- Dispose of the drops once the treatment course is complete.
- If you run out of drops early, please contact your GP.
- If you use other eye drops, open a **new bottle** for the operated eye.

<b>Drop</b>	<b>CPL</b>	<b>MAX</b>	<b>CPL</b>	<b>MAX</b>	<b>CPL</b>	<b>MAX</b>	<b>CPL</b>	<b>MAX</b>
<b>Time</b>	<b>8am</b>	<b>8.05am</b>	<b>1.30pm</b>	<b>1.35pm</b>	<b>4pm</b>	<b>4.05pm</b>	<b>10pm</b>	<b>10.05pm</b>
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## Contact details:

- Health Harmonie - 0121 4547779 (If your follow up is arranged with them).
- Ophthalmology triage nurses - 01623 622515 and ask switchboard to connect you.
- Day Case Unit - 01623 622515, extension 4688 or 3195 (Monday to Friday, **7am-5pm**), **OR** extension 6061 or 3187 (Monday to Friday, **5pm-8pm**)
- Outside the above hours please call 01623 622515 and ask for the ophthalmology doctor on call (between Friday at **8pm** to Monday at **8am**).

**Alternatively, please call the NHS 111 service.**

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service:

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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