

THE DAY OF THE OPERATION

Today you have had cataract surgery. Although we have let you go home, you should take great care of yourself and have a gentle day.

If you have a patch over your eye, it can affect your vision - even if you have good vision in the other eye. You should be particularly careful stepping off pavements and going up and down stairs. Try to keep this to a minimum and get someone to help you where possible.

Please note: do not touch your eye or remove the patch unless you have been told to do so.

ON THE DAY AFTER YOUR OPERATION

Please make sure that you have removed the patch by **8am**. We will contact you by phone between **8 – 9am**.

Wash your hands. Throw the white pad away and keep the clear plastic shield. This needs to be put on at night for 1-2 weeks

If your eye is sticky, bathe it as follows:

- Use a piece of tissue (not cotton wool) soaked in clean warm water. Prepare this by boiling water and then allowing it to cool. Wipe gently from the nose side of your eyelids, towards the outside of your face, repeating with a clean tissue each time, until the stickiness clears.

Apply eye drops, as directed in the eye drop leaflet.

- The eye often looks red. This is normal and it may take a few days to go back to normal.
- Your vision may be hazy – this is also normal and should settle after the first day or so. After this, your vision should be as good as it was before your operation, or better.

If your eye feels uncomfortable

Take a mild painkiller that you would normally take for a headache (eg. paracetamol).

The pupil (black central spot) may still look large from the drops you had yesterday – this is normal and will settle down. The pupil should still look round in shape.

Contacting you

One of the ophthalmic nurses from the hospital will phone you between 8-9am. Please make sure that you have removed the patch, as directed above.

The nurse will ask how comfortable your eye is and what your vision is like. She will also be able to answer any questions you may have, clarify your treatment and offer advice.

If you are not at home

Please make sure that you have told the day surgery staff how you can be contacted - if for example you are staying with friends / relatives. It is important to contact you on the first day after your operation.

If you do not receive a phone call by 10am

Please contact the hospital. We may have been trying an incorrect phone number for you.

During the week

Telephone: 020 7794 0500
- ask switchboard to bleep
71/2338 or
71/2073 or
71/2481

At weekends or out of hours

Telephone: 020 7794 0500
- ask switchboard to put you through to the on call ophthalmologist.

Avoid contact sports and swimming until your follow-up appointment

Avoid make-up and wash your hair by leaning back to keep the soap out of your eyes.

You can use your glasses after the operation but don't expect them to give you perfect vision

If your eyes are uncomfortable in bright light, wear dark glasses.

Remember to keep your follow up appointment.

In an emergency

If you have a sudden loss of vision or experience very bad pain around the eye which is not relieved with painkillers, telephone 020 7794 0500 and ask switchboard to contact the doctor-on-call for ophthalmology.

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ROYALFREE

After cataract surgery

If you would like a large print or audio version of this information, please ask a member of staff.

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