

AFTER SURGERY

FIRST DAY VISION

You can remove the patch 6 hours after surgery or the next morning. At first the vision will be very bright but the eye will adjust to this. The vision will be blurred because the pupil will be still dilated from the drops of the operation. You will notice the vision gradually improves over the next few days. Some people will need glasses to get the best possible vision.

EYE SHIELD

This should be worn for the first 2-3 days only at night time. It is just to protect the eye if you try and rub it during your sleep.

GLASSES

You should wait ideally for a month before you see your optician for glasses or reading glasses.

DRIVING

Avoid driving until the condition of your eyesight is sufficient to meet the visual standard required. (when you can read the number plate at 67 feet away). Generally most people wait until a week after their operation.

NEVER RUB EYES

The wound in the eye will always remain a small weak point so NEVER rub or squeeze your eye and avoid any accidents to it

CLEANING YOUR EYE

If the eyelids become sticky, cleanse with cotton buds soaked in sterile saline or cooled boiled water.

GENERAL PRECAUTIONS

FACE WASH

Avoid splashing water directly into your eye for the first month. You should use a clean, soft and damp towel to wipe your face

SHAVING BATHING

You may shave after your operation
You may have a bath (up to the neck) after the first day and use a shower after one week but avoid water splashing into your eye for a month

HAIR WASH

You may wash your hair with your head tilted backwards to avoid any water splashing into your eye for one month

MAKE UP

Avoid using eye make up for one month

GAMES/SPORT

You may resume activities such as walking, reading and watching T.V. soon after the operation. Avoid strenuous activities such as jogging, lifting weights, swimming, gardening, aerobics and contact sports for one month. (Wear goggles for swimming)

HOUSEWORK/ COOKING

Light housework may be resumed a few days after surgery but **DO NOT BEND DOWN FOR ONE WEEK** (Keep your eyes above your heart and bend at the knees)

LIFTING WEIGHTS FLYING

Do not lift the weight of a full kettle for the first week
Avoid flying for the first week after surgery

JOB/WORK

Generally you may go back to work a week after surgery

NORMAL SYMPTOMS

The following are normal and not a cause of alarm. They may be present for 6 – 8 weeks after surgery:

Slight redness
Mild watering
Mild irritation/gritty feeling
Glare / shimmering and slight drooping of upper eyelid

ALARMING SYMPTOMS

PLEASE CALL IMMEDIATELY if you experience:
Pain or injury
Decrease vision or flashes of light

The Lee Medical Practice



**Mr Nicholas Lee FRCS FRCOphth
Consultant Ophthalmic Surgeon**

CATARACT SURGERY ADVICE

Contacting Mr. Lee

It is rare to need attention after your surgery but if you have a problem please telephone Bernadette, Mr. Lee's PA on **01895 835144** during normal office hours (9.00 – 5.00pm Monday to Friday)

Out of normal office hours please call:
Bishops Wood Hospital on **01923 835814**. Ask for the nurse bleep holder who will contact Mr. Lee.

Or go to the 24 hours Accident and Emergency eye service at The Western Eye Hospital, Marylebone Road, London (opposite the Landmark Hotel and Marylebone Train station) Tel: 020 7886 3241

EYE SURGERY:- Anaesthetic INFORMATION

Anaesthetist: Dr. Jan Downer & Dr Alison Knaggs

GENERAL ANAESTHESIA - Guidelines 6 HOUR FAST for food and milk or Carbonated Fizzy drinks. (Avoid a heavy meal)

2 HOUR FAST for clear fluids. Clear fluids include water, fruit juice/squash, tea or coffee with a little milk.

LOCAL ANAESTHESIA - Guidelines You may eat and drink as you would normally, avoiding a heavy meal in the two hours before surgery.

MUSIC You may bring in a CD to listen to during the operation

DIABETICS Please ask Dr. Downer for advice.

PRE-OPERATIVE INVESTIGATIONS

ECG and Full Blood Count: For all patients over 60 years old. Further investigations may be required

GENERAL INFORMATION

CLOTHES: You should leave your underclothes on underneath the theatre gown.

DENTURES: May be left in.

MAKE UP: Nail Varnish should be removed for oxygen monitor, and please NO face or eye make up.

HEARING AID: Please wear your hearing aid when you come to the operating theatre.

MEDICATION: Please take your tablets as usual. Please bring all medicines, including inhalers, into hospital.

ASPIRIN AND IBUPROFEN **Avoid Aspirin** and Ibuprofen for 1 week before the operation. This includes the 75mg baby aspirin. Your operation may be postponed otherwise. You may restart these immediately after the operation.

If on Warfarin, INR needs to be done before surgery.

You can use Paracetamol if you need to take an analgesic before the operation

SUNGLASSES It is a good idea to bring a pair with you into hospital as the light will appear very bright after the operation.

ABOUT CATARACT EXTRACTION

Risks in Surgery

Modern cataract surgery is safer now than it has ever been, but as with all surgery there are some risks. These include infection, inflammation, unexpected errors of refraction/astigmatism, cystoid macular oedema, retinal detachment and after cataract. However, every effort is taken to minimise these.

Eye Drops

TobraDex 1: 4 times a day for 3 weeks

Twice a day for 1 further week

(please note you may need 2 bottles in total. If you do need a second bottle please contact your G.P.)

It is important that you continue with the drops for the whole period even if your eyes feel fine.

After you stop the drops most people have no problems, but a small number may find the redness returns or the eye is uncomfortable, in which case please contact me again and we will continue the drops for a little longer, this is inflammation and not an infection.

If your partner has any signs of conjunctivitis do not allow them to handle your drops. Keep the bottles clean.

How to use the eye drops

- Read the instructions on the bottle
- Wash your hands
- Tilt your head backwards
- Pull down your lower eyelid with one finger
- With the other hand, put one drop into the eye without touching the eye with the nozzle
- Gently close your eye
- Wipe away any liquid that did not go into the eye with clean cotton wool
- Replace the cap immediately
- At first your vision may be blurred for a few minutes. Do not drive or operate machinery until it has cleared.