

Patient information

Discharge Advice for Patients After Eye Surgery

St Paul's Eye Unit

This information sheet is to give you important information following your eye surgery. It is also designed to provide advice for any concerns you may have.

Avoid heavy lifting and bending for two weeks after surgery.

Do not drink any alcohol for 24 hours after your operation

You may notice that your face and mouth still feel a little numb. This is normal after a local anaesthetic and will soon wear off

You should expect some slight discomfort for a few days after your operation. Painkillers such as paracetamol can help this.

If you have severe pain at any time following the operation which is not relieved by the tablets, or if you have any questions or problems please contact us.

Telephone numbers can be found at the end of this leaflet:

For two weeks after your operation:

- Avoid rubbing or pressing on your eye.
- Continue to posture as your doctor has instructed if required.
- Avoid wearing eye make-up.

Do not return to work until checking with the doctor or nurse at your outpatient appointment. The usual time needed off work is two to three weeks but this will depend on your occupation.

Ask your doctor when you can resume:

- Driving.
- Swimming and other sports.

Important:

- Do keep your next appointment.
- If you go home with a dressing on remove the dressing the next morning. Please wash your hands before and after you remove the dressing.
- Do wash your hands both before and after putting in your eye drops.
- Do put in your drops at the correct times (your nurse will show you how to use your drops before your discharge).
- Continue any oral medication prescribed by the doctors.
- Use the plastic shield at night for one week following your operation.
- If you feel comfortable, television and reading are encouraged.
- Remember your vision may be variable for the first two months after your cataract surgery or up to twelve months following retinal surgery.
- If you have had a cataract operation, you may need new glasses. You will be measured for these approximately four to six weeks after your operation. In the meantime, you can wear your current glasses until the new glasses are prescribed, or you can wear dark glasses for comfort.

Important Information

If you have any severe pain, sudden loss of vision or excessive stickiness after the following day please contact us on the telephone numbers listed below under further information.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Contact details

St. Paul's Day Ward

Monday to Friday

7am to 7pm

Tel: 0151 706 2492 / 4143

Text phone number: 18001 0151 706 2492/4143

Evening 4 - 8pm Monday to Friday

Saturday Sunday 8am until 8pm

Sister/Charge Nurse

St Paul's Accident and Emergency/Primary Care

Department

Tel: 0151 706 3949

Text phone number: 18001 0151 706 3949

After 8pm Monday to Friday

After 6pm Saturday /Sunday please contact:

The Emergency Department via

Tel: 0151 706 2000

Text phone number: 18001 0151 706 2000

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایین تراسته‌وه په‌سهند کراون، نه‌گهر داوا بکریټ له فورمات‌ه‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریټی ده‌نگ، هیټلی موون و نه‌لیکترۆنیکي همیه.

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