Staffordshire Eye Clinic

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2 Gower Street
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Post-operative Advice for Cataract Surgery

On the morning after surgery you should remove the pad. If the eye is crusty you should bathe the eye lids, using clean gauze, with cool water that was recently boiled.

You should then start the eye drops as directed. I arrange an early review for all patients who would like to be seen soon after routine surgery.

What to expect

- Your vision may be brighter but blurred on day one
- The white of the eye may have bruising from the local anaesthetic
- Your eye will water and feel gritty

All of the above are normal and will steadily improve

You should

- Use the eye drops as directed. Shake the bottle before applying. Do not let the nozzle become contaminated from touching the eye. This will usually be four times daily for 4 weeks. If drops run low please ask your GP for a repeat prescription

- If the eye becomes sticky use cotton wool or gauze and cool boiled water to bathe the lids

- Avoid rubbing the eye. Wear the shield (without a pad) in bed for one week after the operation. There is no restriction on bending or lifting with modern cataract surgery

- Do not get dirty water in the eye, avoid swimming, and wash your hair 'backwards'

I will review again at about one month and advise regarding obtaining new glasses.

Important advice

If you have any of the following you **must** seek prompt advice

- pain in the eye that you have not had before
- a sticky eye
- blurring of vision after your vision has been brighter and clearer following the operation

<u>Please contact me (the same day) through</u> -

- Mencom House Eye Clinic Tel 01782-614174
  2 Gower Street, Newcastle under Lyme. ST5 1JQ

- There is also a local emergency eye clinic There is also a local emergency eye clinic 01782-674300 (Mon-Fri 9am-7pm; Sat/Sun 9am-1pm) and on call ophthalmologist through the University of North Staffordshire A and E Department