



Advice following Cataract surgery

Eye clinic

Daycase **UK**

01935 475 122
yeovilhospital.nhs.uk

The plastic shield

The plastic shield over your eye can be removed the following morning. However, you should wear the shield at night for the first week to stop you touching or rubbing your eye while you are sleeping.

The shield can be cleaned with soap and water.

Your eye may feel numb, itchy and gritty with some blurred vision. The feeling in your eye should start to return within a few hours of surgery. A slight headache and mild pain around the eye is normal. We suggest you take pain relief such as paracetamol; do not exceed the dose stated on the packaging.

Eye drops

Eye drops to help your eye heal and prevent infection and reduce inflammation. Use as prescribed, commencing the day after your operation (once you have removed the eye shield):

- Wash your hands thoroughly before using the eye drops
- Unscrew the cap of the bottle/dropper and place it on a clean tissue
- Tilt your head back and gently pull down the lower eyelid to form a pocket
- Squeeze one drop inside the pocket formed between the lower lid and your eye, making sure the nozzle does not touch your eye, the skin around the eye or your fingers (to avoid contamination)

- Close your eyes for 30 seconds
- Press gently on the inner corner of the eye (tear duct) with your finger for one minute
- Carefully blot away any excess liquid that falls on your cheeks
- Replace the cap
- If more than one eye drop is prescribed, leave approximately a five minute interval between each application. This stops the first drop from being diluted or washed away
- If you are unsure if a drop has successfully gone into your eye, add another drop
- Keep the bottle closed in a cool, dark place (unless otherwise advised).

Continue with previously prescribed eye drops unless advised by your doctor or surgeon to stop

If your eye becomes sticky bathe the eye lid with cotton wool soaked in cooled, boiled water.

Irrigation fluid is used during the procedure so a runny nose and watery eyes are quite normal.

Your own glasses can be worn, however most people find it easier to remove the lens on the operated side as you no longer need that prescription. However you may find wearing **sunglasses** help avoid any short-term discomfort caused by bright lights.

Most people will need to wear glasses for either long or short distance vision after cataract surgery. This is because artificial lens implants can't focus on a range of different distances. It is usually necessary to wait four to six weeks for your vision to settle down before an optometrist can give you a new glasses prescription.

Activities

Take it easy for the first two or three days after having cataract surgery. Your vision may be blurry until your eye gets used to its new lens or you have new glasses fitted. However, you should **beware of uneven ground, kerbs, getting in and out of cars and using stairs**

For the first two weeks:

- Avoid running water over the eye (showering and washing hair)
- Do not wear eye make-up
- Avoid touching, rubbing or knocking your eye

For the first four weeks:

- Gentle exercise (walking) is fine, but you should expect to avoid strenuous exercise (running, ball sports and fitness workouts),
- Avoid lifting heavy objects
- Avoid gardening
- Avoid swimming or immersing the eye
- Avoid bending with your head below waist level for extended periods of time (activities such as bowling and yoga)

Driving

The Driver and Vehicle Licensing Agency (DVLA) states: "You can drive if you can read a number plate 20 metre away with both eyes open", this is usually after four weeks - you will be advised at clinic. If the vision in the other eye comply with DVLA standards you may be able to do this sooner (after two weeks) in either case you need to be confident doing an emergency stop. If you have other eye conditions like glaucoma or retinal conditions that affect you visual fields as well, then please speak to your ophthalmologist regarding your fitness to resume driving.

Look at your **vehicle insurance policy** about any clauses on eye surgery prior to driving.

Seek medical advice as soon as possible if you experience:

- a throbbing or severe pain in or around your eye not relieved by painkillers
- a severe frontal headache with or without nausea and vomiting
- a sudden deterioration or loss of vision
- increasing redness in your eye
- the sudden appearance of black dots, specks or streaks in your field of vision (floaters) or flashes of light in your eye

Follow-up appointment is in four weeks, this will be sent to you in the post.

**If you have any concerns
please contact the following**

Eye Clinic at Yeovil Hospital
8am-5pm Monday-Thursday
8am-1pm on Fridays
01935 384 309

Mobile Triage team: 07584 312 399

Out of hours

**Contact the Emergency Department
at Yeovil Hospital**
01935 384 355

**If you need this leaflet
in another format, eg.
large print or a different
language, please ask a
member of staff.**

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Daycase UK

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