

- Wear the plastic shield you are given at night for the first week to protect the eye while you sleep. The shield can be cleaned with soap and water.

If you still have concerns, please contact the following numbers for further advice.

If you require any medical advice, please contact:

The Eye Clinic (8am-5pm
Monday to Thursday and
8am-1pm on Fridays)

01935 384309
07584 312399

Out of hours, contact the
Emergency Department at
Yeovil Hospital:

01935 384802

If you need advice regarding
your appointment, please call
The Admissions Officer on

01935 384565

Castleton Day Surgery Unit,
Yeatman Hospital,
Sherborne, Dorset
DT9 3JU
Telephone 01305 361528

Advice for patients following eye surgery

Castleton Day Unit

You have had your eye operated on under a local anaesthetic. The area surrounding the eye will remain numb for a few hours following a local anaesthetic. Do not be alarmed if your eye feels sore and gritty and that your tears are slightly blood stained. This is quite normal following your operation.

As you have had a local anaesthetic, you should rest quietly once you get home and avoid lifting. We advise you to have someone accompany you home.

- Do not rub your eye and keep the plastic shield on your eye until tomorrow
- You have been/will be given eye drops. Usually prescribed four times daily for two to three weeks

- Should you have any pain or discomfort, please take your normal pain relief tablets, eg. paracetamol
- Do not go swimming for four weeks after your operation
- You can continue to wear your own glasses, but you may find dark glasses more comfortable. New glasses/ lenses, if required, will be changed at six to eight weeks after your operation. You will be advised when to go to the optician
- If you have to wash your hair, ensure you do not get shampoo in your eyes. Avoid using eye make up on the operated eye
- If your eye becomes inflamed/painful or you notice a sudden deterioration in

vision, please contact the numbers on this leaflet

Using your eye drops

You or your helper should always wash your hands before using the drops

- Gently easing down the lower eyelid and looking upwards, squeeze the dropper bottle gently, allowing one or two drops to fall into the lower eyelid.
- Try not to touch the eye or eyelid with the dropper
- NEVER stop using your drops unless you have been told to by the medical staff
- If your eye becomes sticky, bathe the eye with cotton wool soaked in cooled, boiled water