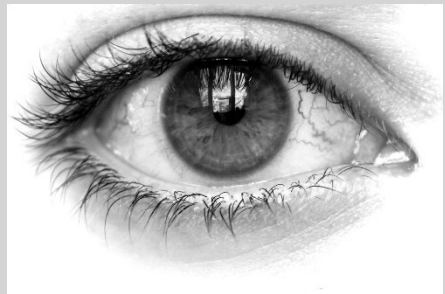


Eye Unit

Post Cataract information leaflet



What to do when you get home...

- Remove your shield and dispose of it.
- You can then start your eye drops as prescribed

What to expect post-surgery...

- Your eye may be sore and achy for 6-12 hours post-surgery. We suggest taking regular pain relief to help with this
- Your eye may feel gritty, sore and sticky
- Your eye may be watery
- Your vision may be blurred but should clear within 1-2 days
- If you use other drops in operated eye – please obtain a fresh bottle for this and continue unless told otherwise
- It is common to experience double vision
- You may notice a blood stained tear which is common. Please contact us if it is any more than a tear.
- It is common to experience dry eyes post-surgery. Symptoms of this may feel, dry, gritty, sore, watery. Lubricating eye drops can be purchased from your local pharmacy over the counter.

Glasses post-surgery...

You may still need glasses post-surgery. It is advised to wait 4 weeks post-surgery before seeing your optician and obtain a new prescription.

Review post-surgery...

You will either been seen in our clinic or by your community optometrist. You will be advised of this in your discharge letter.



What to avoid...

- Do not rub your eye
- Do not go swimming for 3-4 weeks
- Do not lift any heavy objects
- Avoid strenuous activity for 2 weeks
- Avoid dusty/dirty areas
- Avoid wearing eye make up for 3 weeks
- Avoid flying until you have had your post op review
- Don't drive until your eye is comfortable and you can see clearly. You need to be able to meet the legal driving criteria (read a number plate from 20 meters)

What you can do...

- You can watch the TV
- You can read as normal
- You can wash/shower but avoid getting soap or shampoo in your eyes (baby shampoo may be helpful)
- Your eye may be sticky. You can bathe your eye in cooled boiled water, using a clean cotton swap.

Please contact us immediately if you have any of the following symptoms...

- Flashing lights or floaters
- If you feel sick or you vomit
- If your vision becomes worse in operated eye
- If your eye becomes more red
- If you develop a continuous headache or pain

Ophthalmology Department

1st Floor Central B28 & B29
Royal United Hospital Bath NHS Foundation Trust
Combe Park
Bath
BA1 3NG

If you have any further questions please call:

Eye Clinic (01225) 826989

If you have an emergency on evenings, bank holidays and weekends:

Call the RUH switchboard (01225) 428331 and ask for the on call eye doctor.

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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The RUH, where you matter