

What to expect after your cataract operation

It is common for the eye to feel slightly gritty and achy and for the vision to be slightly blurred for the first day or so following cataract surgery. If your eye is uncomfortable you may take simple pain killers (such as paracetamol). It is quite common to have blood stained, watery discharge, especially if you have had a local anaesthetic injection, – do not be alarmed. Use a clean disposable tissue to dab the lid and cheek, not the eye itself. Do not remove the eye shield until the morning after your surgery.

Eye care following cataract surgery

Your eyelids may be sticky or crusty the morning after your cataract surgery. If so use the eye pack provided to clean your eye:

1. Wash your hands with soap and water.
2. Soak the gauze swab in the saline (provided) or cooled boiled water.
3. Remove your eye shield.
4. Gently wipe the eyelids with the wet swab away from the eye.
5. Use each swab once only.
6. Clean the plastic eye shield in warm soapy water, dry with a paper towel and wear it at night for one week after surgery.

Do not:

- Put pressure on the eye.
- Force the lids open if they are stuck, instead rest a wet swab on the closed lids for a minute or so. This will soften the crust and make them easy to clean.

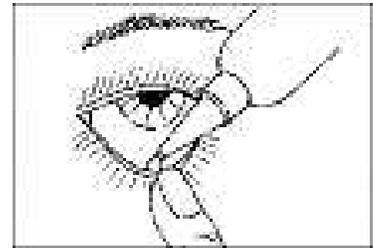
Medication following surgery

If you are not attending a review appointment the day after your surgery, you will have been given eye drops before leaving the ward. These drops contain a steroid to settle eye inflammation and an antibiotic to prevent infection. They should be instilled as follows:

Week 1	Week 2	Week 3	Week 4
Morning	Morning	Morning	Morning
Lunchtime	Lunchtime	Bed time	
Tea time	Bed time		
Bed time			

How to instil your eye drops

1. Wash your hands.
2. Tilt your head back as far as you can, or lie down.
3. Gently pull down the lower lid.
4. Look up.
5. Squeeze the bottle until the drop lands on the lower lid.
6. You may find it easier to rest the bottle on the bridge of your nose.
7. Avoid touching the eye with the tip of your bottle.
8. Use a clean tissue to gently dab away excess drops.

**Contact Miss Allen if:**

- You have a severe eye ache in the days following your cataract surgery
- If your vision is unexpectedly poor or deteriorates
- If your eye develops a sticky discharge
- If your eye becomes more painful or red
- If you are worried about your eye in any way

Telephone: Miss Allen's enquiries number on 0845 652 1 650 – to leave a message about a non-urgent problem
Or page 017666 535860 if you need urgent advice.