



## Patient Information

## Guidelines following Cataract Surgery

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

**Aftercare** – It is normal to experience grittiness, watering, blurred vision, double vision and a red or bloodshot eye. These symptoms usually improve within a few days but can take six weeks to fully recover. **Do not rub the eye.**

The pad and eye shield should be left on until the next morning. You can then remove the pad and shield and bathe the eye gently with cooled, boiled water and tissues (do not use cotton wool).

You may read, watch TV, use a computer and bathe or shower as usual.

Avoid strenuous activity and swimming for four weeks.

Do not use eye make up for at least four weeks.

**For the first two weeks following surgery please follow the instructions below:**

- Do not bend with your head going below your waist
- Do not lift or carry anything such as shopping bags
- Do not garden
- Do not tip head forward when washing hair
- Wear the eye shield overnight (tape will be given)
- Use the drops provided for one month as directed
- If your eyes are sensitive to the light you may wear sun glasses

**Travel** – Please do not drive or fly before seeking advice from your doctor.

**Follow up** - We will tell you about any follow up before you leave. If you need an outpatient appointment we will request one for you and the date and time will be sent to you by post.

**Stockings** - If you have been given support stockings to wear it is important that you continue to wear them, day and night, until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and



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legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

**Pain Relief** - For any pain or discomfort after the operation, Paracetamol may be taken as per the instructions on the bottle/packet or Day Surgery may provide painkillers.

## You were given the following pain killers while in Day Surgery

**Paracetamol at**

**Codeine at**

**Ibuprofen at**

## Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation and do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

**If there are any problems after you return home, please telephone your General Practitioner (GP) or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays).**

**After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.**



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If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister  
Day Surgery Unit  
Great Western Hospital  
Marlborough Road  
Swindon  
SN3 6BB

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital ground

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

**Document Control**

Division: Planned Care  
Department: Day Surgery Unit  
Approved Date: 15 September 2020  
Next Review Date: October 2023  
Document Number: PC - PIL0172