



## Patient Information

# Guidelines following Eye 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** - When the anaesthetic has worn off, your eye may feel rather watery, gritty and may ache. The vision may be blurred and you may have some double vision for a while. These side effects usually improve after a few days but can take up to six weeks to resolve.

You may have slight oozing from the eye. Wipe away any bloody tears when they reach the cheek with a tissue and then discard. On the morning after the operation your eye may be sticky and difficult to open. Tap water can be used to bathe and clean tissues used to gently dry.

It is safe to read, watch television and use a computer as normal. You may bathe and shower as normal but avoid getting soapy water into the eye.

Avoid swimming for six weeks.

Do not use eye make up for four weeks.

Please use your drops or ointment as directed by your nurse.

If you have been given an eye shield you should apply it at night, using the tape provided, for two weeks. This will help prevent you rubbing your eye whilst sleeping.

If you have an eye pad on when you leave, this can be removed and discarded the following morning.

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

**Follow Up** – Your next appointment will be either given to you in the Day Surgery Unit or sent by post.

**Pain Relief** – over the counter pain relief such as paracetamol is usually effective following eye surgery.



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**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 your 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.**

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



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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 grounds

**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)**

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