

Patient information

Post-operative advice following cataract surgery

This leaflet aims to explain what to expect after your recent cataract surgery. The eye may feel gritty, sore and watery.

Following cataract surgery, you should

- Carry on with your normal daily activities.
- Always wash your hands before approaching the eye
- Remove the eye shield the next morning and clean around your eye if necessary using cooled boiled water from a kettle.
- If you are prescribed drops, then put those into the operated eye only as instructed by the nurse (always shake the bottle). If you are prescribed two lots of drops, then please give a minimum of 5 minutes between the different eye drops. The bottles contain enough to last the time prescribed, which is usually 3 weeks.
- Please attend your follow up appointment as advised by the nurse on your discharge. If you are asked to go back to your optician for your follow up, you will need to make this appointment yourself. If your follow up is back here at the Eye Treatment Centre, we will make this appointment for you.
- If you run out of eye drops please contact your GP to obtain a further prescription.

Please:

- **DO NOT** rub your eye
- **DO NOT** wear makeup for 3 weeks
- **DO NOT** swim for one month
- **DO NOT** drive for 4 days
- Remember that driving is at your own discretion

If you experience any of the following

- Prolonged pain in your eye
- Loss of vision
- Your eye becomes inflamed or produces a discharge, then please contact the Eye Treatment Centre.

Your appointment will be with:

Your optician

The Eye Treatment Centre

Eye Treatment Centre

Telephone 01284 713815 / 01284 712636

Monday to Thursday 9:00am - 5:00pm; Friday 9:00am to 1:00pm

At the weekend and out of hours: Telephone 01284 713000 and ask to speak to the 'on call' Ophthalmic / Eye Doctor

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk>



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