

## Patient Information and Advice Following Eye Surgery

### Department of Ophthalmology

#### After discharge:

- Instil eye drops as prescribed to help prevent any infections and to help the eye to heal.
- Tape the eye shield over the operated eye each night for one week using micropore tape or plaster to prevent you rubbing the eye in your sleep.
- A Fit Note will be provided on discharge if required.

#### Avoid:

- Rubbing or knocking your eye.
- Heavy lifting or digging.
- Wearing make-up for four weeks.
- Driving for the first week after surgery, then check with the doctor in the eye clinic.
- Taking part in any sport until advised by the doctor in the eye clinic.

#### You may:

- Wash your hair – it is advisable to wash it with your head backwards, trying not to get water in the eye.
- Shower or bathe but avoid getting soap in the eye. Wash around the eye rather than splashing with water.
- Watch television, knit, read as normal.
- Do only light housework for one to two weeks after the operation.
- Return to work when advised by the doctor in the eye clinic.
- Visit your optician for new glasses when advised (approximately four weeks' time). In the meantime you may wear old glasses if you wish.

#### How to instil your eye drops:

1. First wash your hands to help prevent infection.
2. Tip your head backwards or lie down.
3. Gently pull down your lower lids and look up.
4. Squeeze the bottle until one drop lands inside your lower lid. If two drops go in **do not** worry. You may find it easier to rest the bottle on the bridge of your nose.

5. Avoid touching your eye with the tip of the bottle.
6. Using a clean tissue carefully wipe away any excess drops.
7. **Do not** run out of eye drops. If running low please ask your GP to prescribe some more.

### **Post-operative eye drop regime:**

**Maxidex** - One drop to the right/left eye, four times a day for four weeks

---

**Chloramphenicol** - One drop to right/left eye, four times a day for one week

---

**Acular** - One drop to the right/left eye, three times a day for three weeks

---

**Other Drops** – One drop to the right/left eye

---

If you have any concerns or require any further information please contact the Urgent Eye Clinic:

- Monday - Friday: 9am to 7pm.
- Saturday: 9am to 12:30pm.
- Closed from Saturday after 12:30pm until Monday at 9am.

**Any problems outside of these times (or on a Bank Holiday) such as severe pain, sudden loss of vision or sticky green discharge, please attend your local A&E department.**

### **Contact details:**

The Lister Treatment Centre  
Lister Hospital  
Coreys Mill Lane  
Stevenage  
Hertfordshire SG1 4AB

Telephone: 01438 288122 - Select Menu Option 2

Date of publication: June 2016  
Author: Treatment Centre  
Reference Number: v2 (October 2017)  
Review Date: October 2020  
© East and North Hertfordshire NHS Trust  
[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

You can request this information in a different format or another language.

