

## **DISCHARGE INFORMATION FOR MR LASH'S PATIENTS CATARACT SURGERY/ SHF (1)**

### **EYE DROPS**

Wash your hands before putting in the drops  
Shake the bottle before putting drops into your eye  
Do not let the tip touch your eye (look up and put drop into lower part of eye)  
1 single drop is more than enough  
Leave a gap of 5-10 minutes between drops  
Your GP will be able to give you more drops if you run out

### **EYE CARE- OP DAY**

Pain on day 1 can be treated with the 'Magic drops' Proxymetacaine- I would keep one by the bed for the first night. There are only around 4 drops but will instantly eliminate gritty sensations. Take paracetamol and or ibuprofen.

If you have had SHF you will be padded overnight and you will not require the 'magic drops'. Keep the pad on until the next morning

Remove the Shield to put your first drops into the eye (Maxidex x 2 and Yellox x 1) and then replace shield- Leave shield on overnight- no need to wear after that. If SHF then leave pad in place until the next day.

### **EYE CARE- First day**

If eye sticky in the morning clean with boiled cooled water and cotton pad gently wiping across closed lid.

On day 1 you will have haloes and glare and vision will be blurred but this should settle over 2-3 days (Pupil may be large from surgery and Cornea will be slightly swollen).

Your eye may be blood shot- do not worry

I will call you on day 1

## **EYE CARE- Two Weeks**

Avoid rubbing operated eye for two weeks

Avoid getting water into the eye for one week and avoid swimming for two weeks

Avoid activities that could result in blunt trauma to the eye for two weeks

Avoid Eye make up for one week

Gentle exercise is fine

If you wear spectacles the operated eye lens will be wrong, consider removing it- new spectacles will have to wait for 4-6 weeks when you see your optometrist

To drive you need to feel balanced and be able to read the number plate at 20.5m or 66 Feet

## **EMERGENCY: DO SEEK HELP IF**

**Pain that is not controlled with painkillers- especially a dull severe pain in the socket (Pressure may be high and it is easy to treat)**

**Any sudden decrease in vision with redness in the first week (Call any time of day) It could be infection (Very rare)**

**Flashes and floaters or and fading vision from the edge (Could be retinal detachment)**

## **CONTACT NUMBERS**

**07527448137 (Surgeon)**

**07592117089 (Secretary)**