

Department of Ophthalmology

Eye care following cataract surgery

What to expect after your cataract operation

It is common for the eye to feel slightly gritty, achy and for the vision to be slightly blurred for the first day or so following cataract surgery. If your eye is uncomfortable you may take simple pain killers (such as paracetamol). It is quite common to have blood stained, watery discharge, especially if you have had a local anaesthetic injection, – do not be alarmed. Use a clean disposable tissue to dab the lid and cheek, not the eye itself. Do not remove the eye shield until the morning after your surgery.

Eye care following cataract surgery

Your eyelids may be sticky or crusty the morning after your cataract surgery. If so use the eye pack provided to clean your eye:

Please follow these instructions carefully

1. Wash your hands with soap and water.
2. Soak the gauze swab in the saline (provided) or cooled boiled water.
3. Remove your eye shield.
4. Gently wipe the eyelids with the wet swab away from the eye.
5. Use each swab once only.
6. Clean the plastic eye shield in warm soapy water, dry with a paper towel and wear it at night for one week after surgery.

Do not:

- Put pressure on the eye.
- Force the lids open if they are stuck, instead rest a wet swab on the closed lids for a minute or so. This will soften the crust and make them easy to clean.

Medication following surgery

If you are not attending a review appointment the day after your surgery, you will have been given eye drops before leaving the ward. These drops are used as follows

Week 1	Week 2	Week 3	Week 4
Morning	Morning	Morning	Morning
Lunchtime	Lunchtime	Bed time	
Tea time	Bed time		
Bed time			

How to instil your eye drops

1. Wash your hands.
2. Tilt your head back as far as you can, or lie down.
3. Gently pull down the lower lid.
4. Look up.
5. Squeeze the bottle until the drop lands on the lower lid.
6. You may find it easier to rest the bottle on the bridge of your nose
7. Avoid touching the eye with the tip of your bottle.
8. Use a clean tissue to gently dab away excess drops.



Contact us if:

- You have a severe eye ache in the days following your cataract surgery
- If your vision is unexpectedly poor or deteriorates
- If your eye develops a sticky discharge
- If your eye becomes more painful or red
- If you are worried about your eye in any way

Telephone: 01223 216711 - Monday to Friday 08:00 – 16:00

Or

Ward M5 on: 01223 256336 - out of hours.

For further information, please contact:

Cataract Clinic

Addenbrooke's Hospital

Cambridge University Hospitals NHS Foundation Trust

Box 86

Hills Road

Cambridge

CB2 0QQ



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagidaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

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Bengali

Document history

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Contact number	01223 216711
Published	July 2009
Review date	July 2011
Supersedes which document?	Version 2, July 2008
File name	Eye_care_following_cataract_surgery
Version number	3
Ref	PIN1677