

## **If your vision deteriorates or if you are in severe pain you must seek medical help.**

**Monday to Friday between 9am and 5pm please call:**

Moorfields at Bedford acute eye clinic on **01234 792643**.

**Out of hours and weekends please call:**

Your on call GP service, or the on-call eye doctor at Luton and Dunstable Hospital on **0845 1270127**.

### **After your cataract surgery**

Your eye may be watery, red, uncomfortable and blurry. This is normal, however you may wish to take a painkiller if necessary.

### **When you get home**

#### **Start your eye drops on the day you get home**

- Wash your hands
- Remove your eye pad if you have one, and discard it;
- Bathe the eye gently with gauze and normal saline provided;
- Put in your eye drops according to the instructions;
- If you have glaucoma drops please use as normal;
- Replace the eye shield overnight.

### **Next day**

Put the eye shield on using micropore tape/sellotape before going to bed for one week

### **Your drops**

You must use your drops as prescribed. If you run out of drops, please ask your GP for a repeat prescription

### **What to Avoid**

- Do not rub the eye or press the eye hard.
- Do not swim for four weeks.

### **What you can do**

- You may wear sunglasses in windy/sunny weather if required;
- You may bend down;
- You may lift things normally (without excessive strain);
- You may wash your hair and bathe or shower, but close your eyes tightly to avoid getting water or shampoo in the eyes;
- You may use the eye normally for reading, watching TV etc;
- You may drive a car after 24 hours if your vision is clear enough to be safe by DVLA standards (i.e. you can read a standard size number plate from 20.5m or 67 feet).

After your operation you will need to use the following drops, start both bottles together , leaving a few minutes gap between them.

### RIGHT / LEFT EYE

#### CHLORAMPHENICAL DROPS

Four times a day to the operated eye for two weeks only.

#### DEXAMETHASONE (MAXIDEX) DROPS

Four times a day to the operated eye for two weeks THEN twice a day to the operated eye for two weeks THEN stop the drops.

**You must make an appointment to see an accredited optometrist for a check-up four weeks after your operation.**

<b>Simon Browning</b> Simon Browning Optometrist 55 Harpur Street Bedford MK40 2SR Tel: 01234 353454	<b>Adam Loveday</b> Allders Opticians 6 Hitchin Street Biggleswade Bedfordshire SG18 8AX Tel: 01767 313258
<b>Valerie Curtis</b> Valerie Curtis Opticians 142 Bedford Road Kempston Bedford MK42 8BH Tel: 01234 851873	<b>Ben Hing</b> Stephen Hing Opticians 14a Clifton Road Shefford SG17 5AE Tel: 01462 811852
<b>Jan Kuszelewic</b> John Kaye Optometrist 8 Library Walk Bedford MK41 8HF Tel: 01234 325060	<b>Aneela Raja</b> Boots Opticians Ltd 33-37 Harpur Centre Bedford MK40 1TN Tel: 01234 219153



## Ophthalmology

### Discharge Advice for Cataract Surgery Patients– Shared Care



**Information on discharge for patients who have undergone cataract surgery.**

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