

Now that your operation is over the following is discharge advice for you:

- Do not be alarmed that your eye may feel sore over night – take regular oral painkillers e.g. Paracetamol
- Your eye will be covered with an eye pad and shield overnight & then the doctor will examine your eye tomorrow.
- Do not be alarmed that your eye is a bit red or bloodshot – this will gradually resolve.
- Do not be alarmed if your vision is blurred – this is partly due to your pupil being deliberately dilated and due to a change in shape of the eye after the operation. This will settle gradually over the next few weeks. You may need to see your optometrist at a later date to change your glasses but your doctor will advise you if necessary.

You will have some eye drops to take home which you will need to apply as directed on the box or bottle. Please start using these drops after the doctor has examined your eye tomorrow. Please tell us if there is nobody who can do this for you or if you are unable to do it yourself. There are devices to help you with instilling eye drops. Please continue using your usual eye drops (if applicable) as per usual in the unoperated other eye.

- We have given you an eye shield to protect your eye at night. Use household sellotape or micropore to keep the shield in place.
- When you feel fully recovered from your operation keep as mobile as you usually are, but avoid sporting activities and swimming until advised by your doctor.
- When washing your hair keep your head tipped back & do not let any shampoo get into your eye.
- Be careful not to strain when bending or lifting and remember to bend at your knees when stooping down.
- Refrain from sexual activity for 1-2 weeks after your operation.
- Do not drive your car until you have seen your doctor. You may want to use a pair of sunglasses in the bright sunlight.
- Contact the hospital if you are worried about your eye.

Watch out for:

Pain and redness becoming worse, your eye developing a discharge or if you eye sight suddenly gets worse.
If you run out of drops before your appointment, please ask your GP for a repeat prescription.

Your medication is:

1. Chloramphenicol: 4 times a day for 2 weeks
2. Dexamethasone: 1 hourly (waking hours only) for 1 week then your doctor will advise you accordingly
3. Betnesol ointment: apply at night before bedtime
4. Atropine: 1 drop once a day for 1 week

How to apply eye drops:

1. Tilt your head back
2. Gently pull the lower eyelid down until there is small pocket.
3. Squeeze the upturned dropper to release a drop into your eye.
4. Release the lower lid and close your eyes for 30s.

Please contact us if you have a problem:

Monday-Friday 9am-5pm

Tel: 01234 792643

After hours and at weekends:

The Luton & Dunstable Hospital
01582 491122 Ask for the eye doctor on call



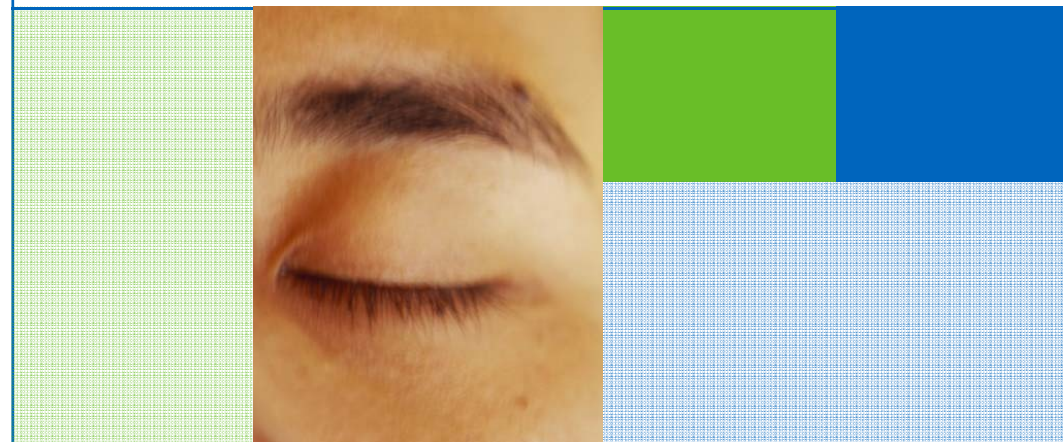
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Bedford Hospital **NHS**
NHS Trust



Ophthalmology

Discharge Advice for Trabeculectomy Patients



Information for patients

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