

Oxford Radcliffe Hospitals **NHS**

NHS Trust

Day Surgery Unit
Horton General Hospital

Advice for patients after cataract surgery

Information for patients



Your eye drop regime is as follows:

The following drops should be applied to the operated eye only, starting the morning after surgery.

Drop	Time	Action
Chloramphenicol (Store in fridge)	One drop, four times a day, for 2 weeks, then stop.	Antibiotic
Dexamethasone (Maxidex)	One drop, four times a day for 3 weeks, then stop.	Anti- inflammatory

PLUS

Acetazolamide tablet (Diamox)	One before bed on night of surgery, one the morning after	Reduces eye pressure
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- When putting the eye drops into your eye do not allow the bottle tip to touch the eye.
- Do not allow other people to use your eye drops.
- Discard the drops when finished.

How to apply your eye drops

1. Always wash your hands before putting in the drops.
2. Sit or lie with your head tilted backwards.
3. Gently pull the lower lid down with one finger.
4. Holding the bottle on the bridge of your nose or on your forehead squeeze **one** drop into the eye. You may also purchase from any chemist a small device, which enables you to administer eye drops more easily.
5. Close your eye and gently blot excess drops with a clean tissue.
6. If you think you may have missed with the drops – put more in – you will not overdose yourself.
7. If you think you are going to run out of your drops – please telephone your GP surgery and ask for a repeat prescription for whichever drops you are short of.

Instructions for after your operation – these apply for 2 weeks after your surgery

- Try not to rub or touch the eye.
- Please wear the eye shield you have been given for the rest of today and sleep with it on tonight. Remove the eye shield in the morning and start your drops. Please wear sunglasses or your normal glasses during the day. Please wear the eye shield you have been given at night and for the next **5** nights. Apply with surgical tape or sellotape.
- When washing your face, avoid the eye area. If necessary, bathe the eye with cooled boiled water and cotton wool.
- Avoid strenuous activity such as sports and swimming for a month, and heavy gardening and lifting for two weeks.
- It is OK to look and bend down.
- Watching TV and reading will cause no harm.
- You may experience some double vision or other visual distortion initially.
- You may also experience some discomfort initially and you can take what you normally take for a headache (e.g. paracetamol).

- Your pupil may be enlarged for up to 48 hours after surgery.
- The nurse or doctor can advise you about driving.
- New glasses, if needed, can be prescribed 6 - 7 weeks after surgery. At your follow-up appointment you will be advised when to visit your optician.
- If you notice any sudden redness, swelling, loss of sight or intense pain, please contact: **Eye Emergency Department on 01865 234800. It is a busy line but please keep trying.**

Please note:

Your follow-up appointment will be in the Outpatients Department at the Horton General Hospital, unless we tell you otherwise. This appointment will be posted to you.

If you have any questions or concerns, please contact:

Nurse Practitioners on 01865 231095.

Please leave your details and one of the nurses will return your call.

Day Case Unit Horton General Hospital
01295 229383

Eye drop chart

1 drop from each bottle (Chloramphenicol and Maxidex)
4 times a day

	1	2	3	4
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				

Maxidex only

Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

Lynne Beeson, Sister, Horton day case unit
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Oxford Radcliffe Hospitals NHS Trust
Oxford OX3 9DU
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