



Following Your Cataract Surgery

When you get home today.

It is common to have some redness and swelling of the eyelids. The eye may feel scratchy or gritty. Blurred vision is normal for the first few days, you can resume your normal activities like reading straightaway. Avoid heavy lifting, excessive bending, stooping, eye make-up and flying for 2 weeks.

Follow up Appointment.

We will send you a follow up appointment if you have been booked for a second cataract operation with us.

If you have had a second cataract operation or just had a single cataract operation, you will be contacted by your chosen accredited optometrist for your post-operative review appointment. The post-operative check will be funded by the NHS, and your appointment will also include a full sight test for which there may be a charge if you are aged under 60 and normally pay for your sight tests* Please ask about this when the appointment is confirmed at your chosen optician's practice.

* An NHS sight test is not a universal entitlement in England. You're entitled to a free NHS sight test if you:

- are under 16
- are 16, 17 or 18 and in full-time education
- are 60 or over
- are registered as partially sighted or blind
- have been diagnosed with diabetes or glaucoma
- are 40 or over and your mother, father, sibling or child has been diagnosed with glaucoma
- have been advised by an eye doctor (ophthalmologist) that you're at risk of glaucoma
- are a prisoner on leave from prison
- are eligible for an NHS complex lens voucher – your optician can advise you about your entitlement
- receive certain income related benefits

Should I wear my Glasses?

It depends upon the prescription of the other eye. Your surgeon would have advised you at your preoperative consultation.

Can I go back to work?

Most people will take the first week off work/study. You can resume normal activities as long as you are careful.

Will I have any pain?

You should have no severe pain but may experience some grittiness.

Will I be given any medication?

You will be given some eye drops: TOBRADEX Please instil one drop four times a day for 3 weeks. Your shield is to be worn until the next morning when you can remove it and throw it away

Can I shower/bath?

Avoid getting soap and water in the eye for 2 weeks. No swimming for 6 weeks please.

Use baby shampoo to wash your hair. Do not rub your eye

When can I drive?

Driving depends on your individual vision. **You may drive after 2-3 days if you can read a car number plate from 21metres away in good light. You cannot drive if you have double vision. Please be aware that your judgment of distance may change following cataract surgery, and it may take a little time to get used to your new eyesight**

GLAUCOMA

If you have glaucoma, continue your glaucoma drops as usual but please use a new bottle. Leave an interval of 5 minutes between eye drops.

DRY AND GRITTY EYES

If you experience dry and gritty eyes, use some lubricant eye drops from your optician or chemist. Usually 4 or 5 times a day is enough.

What do I need to look out for?

You should seek medical advice if you experience the following:

- **Pain in the eye that is not relieved by painkillers**
- **A large amount of discharge of Pus**
- **Increasing redness in the eye**
- **Progressive deterioration in your vision**
- **Floater or flashing lights**

If you think you have any concerns please seek advice by calling us at **Probus Surgical Centre** on **01726 885104**. Out of hours or at weekend's advice can be obtained by calling your own G.P's surgery where you will be transferred

DAYS AFTER SURGERY	DATE	TOBRADEX	TICK THE TIME GIVEN			
			08.00	12.00	16.00	20.00
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DAYS AFTER SURGERY	DATE	TOBRADEX	TICK THE TIME GIVEN			
			08.00	12.00	16.00	20.00
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DAYS AFTER SURGERY	DATE	TOBRADEX	TICK THE TIME GIVEN			
			08.00	12.00	16.00	20.00
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