Post Operative Cataract Instructions

Ophthalmology Department

Patient Information
On the Morning after Cataract Surgery

On the morning after your cataract operation, please remove and discard the eye dressing and plastic shield.

If when you remove the dressing the eye is sticky, gently bathe it using cooled freshly boiled water and gauze or cotton wool well soaked to prevent the fibres catching on the lashes.
Post Operative Drop Instructions

Drop Instruction

Use your Maxitrol eye drops 4 times daily until instructed by the nurse in the clinic when to stop – usually four weeks after surgery.

The bottle provided by the hospital should last you for four weeks.

Further bottles of drops can be obtained from your GP if you run out before the end of four weeks.

Post operative Clinic appointment

You will be given the appointment date by the ward nurse on your discharge from the hospital after the operation.

Please ensure you bring all your drops and your glasses to your clinic appointment after your operation.

Complications following cataract surgery are rare however if you experience any of the following please contact us:

- Red eye
- Sticky eye
- Pain
- Deterioration in vision
Post Operative Cataract instructions

Do:

- Wash your hands before and after instilling eye drops
- Shake the eye drops before using them
- Use clean tissues to wipe the eye
- Continue to use any prescribed glaucoma or dry eye medication
- Bath, shower and wash your hair as normal
- Do household chores as normal
- Read and watch television
- Have your eyes tested at the optician 4-6 weeks after surgery

Do not:

- Drive until you have checked with the doctor / nurse / optician that it is safe to do so
- Swim for two weeks, then use well-fitting goggles that do not allow water in.
- Swim without goggles for 4 weeks
- Rub your eye
- Lift or move heavy objects for 1 month
- Dig the garden or mow the lawn for 1 month
- Wear eye make-up for 2 weeks
Contact Details

We are always striving to improve our services to our patients. If you have any comments about your experiences or the information in this leaflet, please let us know.

If you have any questions or concerns please contact our helplines:

Ashford Hospital:  01784 884402
St. Peter’s Hospital: 01932 722686

Out of hours 17.00pm-08.30am, Weekends and Bank Holidays, please ring 01784 884488 or 01932 722000 and ask for the eye doctor on call.

Senior Nurses

Sister, Mandy Wilson
Ashford Hospital

Clinical Nurse Specialist (CNS) Ophthalmology,
Maggie Lewis, Ashford Hospital

Ophthalmic Nurse Practitioner, Jain Sidhu
St. Peter’s Hospital
Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.
We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553. To use the Text Relay service, prefix all numbers with 18001.

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