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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने इहाँ उतरने की लेइ वै उं विरथा करेके इस नंबर से बोल करे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital

London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital

Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Post-Operative Retinal Surgery / Laser Instructions

Ophthalmology Department



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Contact Details

We want to hear from you if you are worried about anything:

- Ashford Hospital: **01784 884402**
- St Peter's Hospital: **01932 722686**

These helplines are manned Monday to Friday, 08.30-17.00. It may take a few hours for a nurse to call you back. Please leave your telephone number and a short message after the recorded message.

If you need to contact someone out-of-hours urgently between 17.00-08.30, weekends and Bank Holidays, please ring:

- **01784 884488** or **01932 722000** and ask for the eye doctor on call.

Senior Nurses

Sister, Georgina Gilson, Ashford Hospital

Deputy Sister, Maggie Lewis, Ashford Hospital

Deputy Sister Dorothy Adjorlolo, 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 Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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What you are not allowed to do after the operation

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
- Do not wear sunglasses any more frequently after the operation than you did before. Sunglasses should not be worn indoors
- If you have gas / air in the eye then you will not be allowed to fly until the gas has gone (you be given additional details on this)

Summary

On discharge the nurses will tell you when to remove the eyepad.

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.

You only need to do this once unless the eye becomes sticky

DO NOT REUSE THE EYE PAD

Drop Instructions

Use your eye drops as prescribed and continue until instructed by the ward nurse when to stop.

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

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.

What to expect after the operation

Please note that the pupil may remain dilated for up to 24 hours following surgery. The vision may remain blurred for several days, weeks or months, depending on whether you have gas in the eye. It is normal to have a gritty, prickly sensation or a feeling that something is in the eye. The eye can water and appear red for a few weeks after surgery.

What to look out for after the operation

Complications following retinal surgery are rare, however if you experience a combination of 2 or more of the following please contact us:

- Red eye
- Sticky eye
- Pain
- Deterioration in vision

What you must do after the operation

Do:

- Wash your hands before and after instilling eye drops
- Shake the eye drops before using them
- Use clean tissues to wipe the eye, then discard the tissue
- Continue to use any prescribed glaucoma or dry eye medication as before the operation
- Bath, shower, wash your face and wash your hair as normal keeping your eyes closed so you do not get soap or water into them
- Do household chores as normal
- Read and watch television
- Have your eyes tested at the optician 4-6 weeks after surgery