

## PATIENT INFORMATION

# Post Cataract Surgery

### CONTACT DETAILS POST OPERATION

**EYE SURGERY UNIT – LEVEL 3 TORBAY HOSPITAL**

**MON-FRI 8AM-5PM CALL 01803654883**

**OUT OF HOURS – EMERGENCY CALL 111**

### Some symptoms you may experience after cataract surgery

- Irritation, grittiness or stinging in the eye
- Some superficial bleeding from the eye
- Watering from the eye
- Blurred, foggy or distorted vision
- Some variation in brightness and colours you are able to see
- Your vision may worsen after 24 to 48 hours, as some swelling occurs in the eye
- Some discomfort is normal – take paracetamol every four to six hours as needed (maximum 8 tablets in 24 hours)
- The pupil in the affected eye may be bigger than usual for one to two days

### Symptoms that are NOT normal after surgery

- A shadow coming across your visual field or any flashing lights
- Excessive pain in the eye, especially if it is not controlled by paracetamol
- Any signs of an infection in your eye – discharge, inflammation, swelling or excessive redness

## Post-Operative Do's and Don'ts

**DO** continue your usual activity, avoiding bending forwards and lifting for more than five minutes and avoid heavy lifting

**DO** wear your plastic eye shield at night for four weeks to prevent rubbing the eye

**DO** continue your usual medications including glaucoma and other eye drops

**DO** watch TV and read a book as you wish

**DO** wear your usual glasses but the lens must be removed on the operated eye.

**DO** clean your eyelids with cooled boiled water should they become sticky

**DO NOT** rub your eyes for a week

**DO NOT** get shampoo, soap or water into your operated eye for one week

**DO NOT** have a sauna or go swimming for four weeks.

### **DRIVING – if you hold a driving licence:**

You may resume driving 24 hours after a local anaesthetic and 48 hours after a general anaesthetic providing that with both eyes open you meet the legal visual requirement for driving. This is the ability to read a number plate at 20 metres and measuring at least 6/12 on the eye chart. You should not drive if you are experiencing any double vision. Please check with an optician if you are unsure.

Remember that you must not drive to your follow up visit because eye drops may blur your vision.

For any further information please refer back to the cataract surgery booklet that was provided.

Please use the link below to access the cataract surgery related videos.

<https://videos.torbayandsouthdevon.nhs.uk/ophthalmology/66550>

Alternatively, scan this QR code with a smart phone.



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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.