



**The Leeds
Teaching Hospitals**
NHS Trust

Post Operative Cataract Advice

Information for patients



Leeds Centre for
Ophthalmology

What to expect on the day of your surgery:

- Increased watering of the eye (blood staining is normal).
- Your eye may ache, take simple over the counter painkillers if needed.
- Your eye may feel gritty/prickly, this may last for a few days.
- Double / blurred vision.
- Sensitivity to light (photophobia).

The morning after your operation:

- Gently remove your eye shield (if one was used).
- Wash your hands.
- With fresh clean tissues or cotton wool, clean your eye with cool boiled water. Wipe from the nose outwards. If required, you may gently pull down your eyelid to do this.
- Instil your eye drops as prescribed.

You are advised:

- Do not rub, poke or apply pressure to the operated eye. (The wound is self-healing, pressure may cause wound to open and be prone to infection).
- Avoid strenuous exercise, gardening, heavy lifting for 2 weeks.
- Do not wear eye make up for 2 weeks.
- Do not perm/ colour your hair for 2 weeks.
- Do not go swimming for 2 weeks (wear goggles to swim for 1st month).
- Do not return to work for 2 weeks if your job involves heavy lifting, or you work in an unclean environment.
- Do not use handkerchiefs to wipe your eye. Use a clean tissue each time.

- Do not drive after surgery until you can comfortably read a car number plate 20 metres away in good daylight. At this point it is likely to be legal to drive so long as you have no other eye problems such as double vision. Just because it is legal does not mean it is safe and we advise extreme caution in returning to driving.

If there is any doubt, wait until you have been reviewed by an eye health professional either at the hospital or in the community.

You can:

- Wash your hair, but with head backwards.
- Shower/bathe as normal, avoid getting soap/shampoo in the eye.
- Do light housework and shopping.
- Read, watch TV.

Contact us if:

- Your vision deteriorates.
- If you experience severe pain, not relieved by painkillers.

- If you develop a sticky green/yellow discharge from the eye.
- If you experience new floaters.
- If you injure your eye.

Common questions:

Do I still need to wear glasses afterwards?

You will find following cataract surgery that your glasses prescription is no longer suitable for the operated eye. 4 – 6 weeks after surgery you must visit the optician for your post op refraction, bring this with you next time you come in to the ophthalmology department.

If there are plans for you to have your second eye cataract surgery it is advised that you wait until after that before getting any new glasses.

When will I get my second cataract removed?

The surgeon may list you for your second cataract at the time you have your first cataract surgery, otherwise when you attend clinic for your post-operative check-up, if everything is settled with your first eye, then you will be listed for your second eye surgery, if you wish to proceed with this.

Contacts

J25 (for advice within the 24hrs after surgery)

Mon - Fri 07.30 - 18.00hrs

Phone: **0113 206 9125** or **0113 206 4761**

Eye Clinic SJUH

Phone: **0113 206 4737**

Eye Casualty

Phone: **0113 206 4566**

Eye Appointments

Phone: **0113 206 4615**

Waiting List Team

Phone **0113 206 5672** or **0113 206 5915**

Out of hours – On call Dr via switchboard

Phone: **0113 243 3144**

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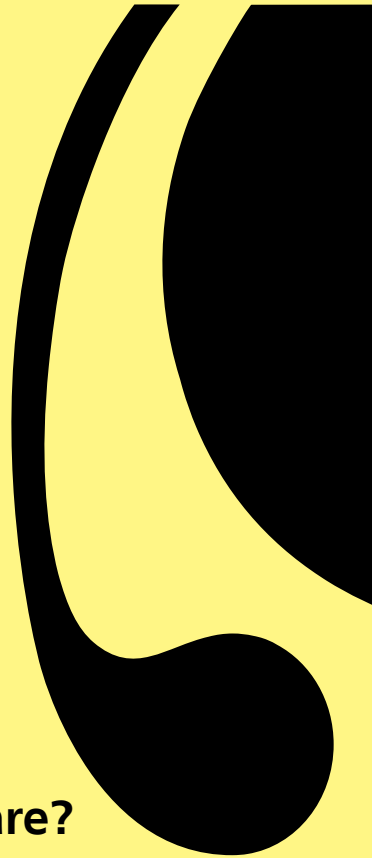
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