



**The Leeds
Teaching Hospitals**
NHS Trust

General Ophthalmic Post Operative 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 sterile 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.

- Wash the eye shield with warm soapy water.
- Wear the shield to sleep in, at night for one week.

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 work in 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.
- Wear your glasses as normal.

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.

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

Notes

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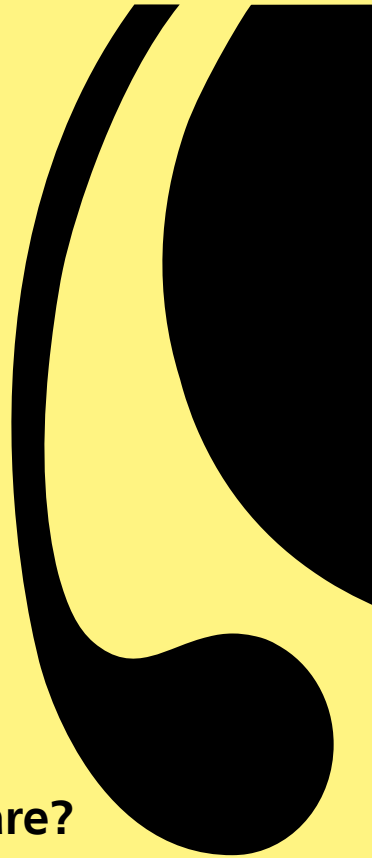
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Developed by: Louise Ramsaha • Junior Sister J25 Ophthalmic Day Unit
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