

SpaMedica

NHS

Post-Cataract Surgery

Eye drop timetable and
post-operative information booklet



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Follow-up appointments

Your appointment will usually be scheduled within 3-5 weeks after surgery. If your optician is accredited on our post-operative scheme, then your follow-up will be done by them or if not then it will be done by SpaMedica.

Second eye surgery

Your second eye will be operated on within 18 weeks following your first eye post-operative visit. However, we will try to progress with surgery on the other eye as soon as possible.

On the day of the surgery

- Expect a dull ache over your eyes and head. We suggest you take painkillers, such as paracetamol, every 4-6 hours, in accordance with the correct dosage.
- Expect vision to be blurred.
- Expect a scratchy, gritty feeling in the eye.
- Expect a watering eye.
- If you have prescription eye drops for other conditions, such as glaucoma, please obtain a new bottle for the operated eye and use them as prescribed.
- Do not rub your operated eye.
- Do not remove your eye shield, sleep in it as well. You may remove and wash it the morning after surgery using soapy water, then rinse. You should then wear the shield at night time only, for the next seven nights to protect your eye while you sleep. You will need to purchase a roll of micropore or transpore tape, so that you can attach the shield over your eye before you go to bed.
- Do not drive.
- Do not start your post-cataract drops.
- Avoid aspirin unless it has been prescribed. It is safe to take other painkillers that you are used to taking.

First day after surgery

- Remove your shield in the morning, wash your hands and start your post cataract eyedrops prescribed by SpaMedica. Tip: When administering prescribed eye drops just tap on the base of the bottle to get one drop - DO NOT squeeze the bottle.
- If used properly, you will have enough eye drops to complete the required course. If you do run out, you will need to get some more from your own GP. A letter will be posted to your GP following your surgery, so please allow one week before contacting them. You will need to take your drop bottle and eye drop booklet when meeting with them.
- If your eye is sticky and your vision is blurred after removing the eye shield, bathe the eye with cooled boiled water. You have been given a pack of sterile swabs for this purpose. Use one soaked sterile swab to wipe once across your closed eye, from the nose towards the ear. Discard the swab, then repeat with a further swab if needed. Always remember to wash your hands before and after bathing your eye.
- If your eye is sticky and your vision is blurred after removing the eye shield, bathe the eye with cooled boiled water.
- Your eyes may be red, gritty, scratchy, watering and/or sore. This should ease with use of prescribed post-cataract drops.
- If the above symptoms do not ease, please obtain some over the counter artificial tears such as hypromellose, viscotears or snotears and use 4-6 times a day if necessary.
- It is normal to be sensitive to bright lights after a few days. You can wear sunglasses if you need to.

How to instil eye drops

- Wash your hands thoroughly and dry them.
- Using one finger, gently pull down the outer lower lid of your eye to form a 'pocket'. You may find it useful to use that hand as a platform on which to rest the hand holding the bottle.
- Instil one drop of your eye drops into the 'pocket'. You should aim for the centre of this pocket. Then, gently close your eye for a few seconds.
- If you have been given two or more different eye drops, please leave at least 5 minutes between drops so you do not overload the eye.
- Wash your hands immediately afterwards.
- If you experience difficulty getting drops into your eye, you can purchase an 'auto-drop' eye drop dispenser from chemists, which assists in administering eye drops. These are easy to use, and many patients find them very useful.

Eye drop timetable

Eye drop timetable: Right eye / Left eye

Patient's name: _____ Date of surgery: _____

Week 1

Days after surgery	Date	Eye medication	Tick the time given / used			
			0800	1200	1600	2000
1						
2						
3						
4						
5						
6						
7						

Week 2

Days after surgery	Date	Eye medication	Tick the time given / used			
			0800	1200	1600	2000
8						
9						
10						
11						
12						
13						
14						

Eye drop timetable

Week 3

Days after surgery	Date	Eye medication	Tick the time given / used			
			0800	1200	1600	2000
15						
16						
17						
18						
19						
20						
21						

Frequently asked questions following cataract surgery

Blurred vision

Please be aware that your vision may take some time to settle and it is not unusual for your vision to remain blurred for up to a week following surgery, or possibly longer.

Second eye surgery

Each eye is different. Try not to compare second eye post-surgery symptoms with those of your first eye. Any of the normal symptoms mentioned in this booklet may occur, even if you did not experience them with your first eye, and vice versa. It does not necessarily mean that the outcome will be adversely affected.

Frequently asked questions following cataract surgery

Driving and machinery

Please be aware that your judgement of distance may change following cataract surgery, and it may take a little time to get used to your new eyesight.

Do not drink alcohol, sign any legal documents or look after children alone for at least 24 hours if you have been given a sedative tablet. All patients, please wait at least 48 hours before driving or operating machinery.

Please note that you cannot drive until you meet the legal driving requirement (reading a car registration plate at 20.5 meters) and feel safe to do so. This may vary from patient to patient.

You should speak to your insurance company to see if it has any other restrictions or requirements after cataract surgery.

If you are relying on the operated eye to be able to drive, there is no guarantee that your eyesight, without glasses, will be good enough. You may need new glasses, which would be prescribed at 4-5 weeks.

Glasses

Your optician will not change the prescription lens in your glasses until you have had your 4 week post-operative visit. It is normal for the prescription of your operated eye to change. Once you visit your optician, they will advise you on your requirements.

Feel free to experiment with your glasses - this will not harm your vision. Try glasses on, or off, for different distances. Speak to your optician if you are experiencing any difficulties.

Frequently asked questions following cataract surgery

Glaucoma

If you have glaucoma, continue your glaucoma drops as usual (unless told otherwise) but please use a new bottle for the operated eye. Leave an interval of 5 minutes between eye drops.

Dry or gritty eyes

If you experience dry or gritty eyes, use some lubricating eye drops from your optician or chemist. 4-5 times a day is usually enough. Occasionally, you may need to use the drops more frequently and for several months.

Dry eyes

Dry eyes following surgery is a very common issue. Symptoms of dry eyes may include redness, grittiness, scratchy feeling, watering and/or soreness.

If these symptoms do not ease after a few days, you can obtain some over-the-counter artificial tears, such as hypromellose, viscotears or snotears from your local pharmacy or chemist. Use at least 4-6 times per day initially. Use them alongside your prescribed drops, but leave an interval of 5 minutes before instilling the artificial tears for comfort.

If you already suffer from dry eyes and are using artificial tears, then cataract surgery may make these symptoms more noticeable. Please ensure you have a separate and new bottle of artificial tears for use on your newly operated eye, to reduce the risk of cross-infection.

Occasionally, the symptoms of dry eyes may continue for a few months after surgery. This is not unusual. You should continue to use artificial tears to assist in lubricating your eyes and to reduce discomfort.

Do's and Don'ts

Make-up

Do not wear any eye make-up, mascara or eyeliner for 3 weeks. You can wear make-up on your face on removal of the shield. Please do not rub, or put any pressure on your eye.

Hairwashing and showering

- You can wash your hair immediately
- Use baby shampoo
- Avoid getting stinging soap in your eyes as this causes the eye to be rubbed or squeezed
- Do not rub your eye

Exercise, gardening and sport

If you have a workout regime, keep to 50% weight and repetition for 2 weeks. You can then resume your full regime.

Do not garden and avoid any dusty and dirty environments until after the post-op visit.

We recommend to delay swimming until satisfactory discharge from your post-operative clinic. For restrictions and information on othersport, please contact us.

Do's and Don'ts

Flying

Our recommendations are to wait until your post-operative visit before you fly. However, if it is unavoidable that you fly, we ask that you wait one week following your surgery to do so. If you plan to fly before you are discharged we recommend you inform your travel / health insurance company.

Alcohol

Do not drink any alcohol for 24 hours if you have been given sedation. Please try to remain in control at all times. A fall onto the eye during your recovery could cause severe damage.

Can I bend down or lift?

Within reason; tying your shoes should be fine but continuous bending is not recommended and you should not lift any heavy objects.

Work

Your return to work date is dependent upon the nature of the work. If you work in a clean environment with no requirements for lifting you may be able to resume work after one week. However, if this is not the case then you may need to wait for 2 weeks before returning to work. If you are unsure about when you can return to work, please contact us.

If you require immediate help, please call us on our emergency number: 0161 838 0883

- Throbbing pain in or around the operated eye
- A severe frontal headache with, or without, nausea and vomiting. Persistent even after paracetamol
- Progressive deterioration of vision, or loss of vision
- Increasing redness in your eye with severe pain, sticky discharge or lid swelling

General enquiries please call 0161 838 0870

Care Quality Commission

If you're still not satisfied, you can contact the Care Quality Commission. You have the right to report any dissatisfaction or concerns with the Care Quality Commission, which is the independent regulator of health and adult social care services in England.

Care Quality Commission
National Correspondence
Citygate, Gallowgate
Newcastle Upon Tyne NE1 4PA
Tel: 03000 616 161
Email: enquiries@cqc.org.uk

Patient feedback

We welcome all of your comments. Please write to us at the address provided or discuss with us when you are at one of our locations.

You will be given a patient survey after you have been seen by a clinician. It is useful to hear your views on the service and your comments help us to keep making it better.

If you are not happy with the service you have received, please let us know by writing to us, over the phone or in person.

Research

Anonymous or aggregated data from your patient information may be used by SpaMedica, or disclosed to others, for research or statistical purposes and registered with such bodies. Your identity will not be disclosed nor any information which may reveal your identity.

Audit

Your patient information may be disclosed to NHS bodies and others acting on behalf of the NHS (such as the Picker Institute) for audit purposes.

Telephone calls

In the interest of continually improving our services to patients, your calls to the hospital may be monitored and/or recorded.

Complaints and feedback

SpaMedica is strongly committed to listening to our patients. Our complaints policy is built on guidance and statutory requirements under the legal framework of the NHS complaints procedure. The policy sets clear guidance on how verbal and written complaints will be handled fairly, efficiently and professionally.

How to make a complaint

If you wish to make a complaint about the service you have received then please contact the Registered Manager at SpaMedica on:

0161 838 0883

How to contact us:

SpaMedica Ltd
Citygate Central
Blantyre Street
Manchester
M15 4SQ

T: 0161 838 0870
E: clinic@spamedica.co.uk
W: www.spamedica.co.uk

Please contact SpaMedica on the above number if you have any concerns or queries relating to your eye.

This number is available 24 hours per day, 365 days of the year for emergencies, and from 9am - 5pm for general enquiries.

SpaMedica

www.spamedica.co.uk