



**Royal Berkshire**  
NHS Foundation Trust

# Advice following eye surgery

## Information for patients

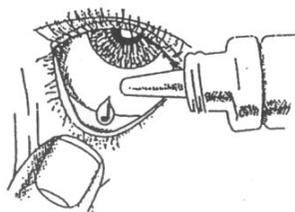
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This leaflet gives you advice and information following eye surgery. If you do not understand something or if you have any other questions or concerns, please ask one of the ward staff who will be pleased to help you.

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## Eye drops

- Wash your hands with soap and water before putting your eye drops in.
- Follow the instructions you have been given on how often you put in your eye drops – it is important not to miss a treatment as eye drops cut down swelling and help prevent infection. If you do not use the drops you may seriously affect the success of your operation and may even damage your sight.



## Protect your eye

- Cover your eye with the plastic shield at night for the first two weeks to protect it while you are asleep.
- Do not get soap or dirty water in your eye for the first two weeks. Wash your hair with your face upwards so that shampoo doesn't get in your eyes and use a baby shampoo to cut down on any possibility of irritation.
- Avoid rubbing or knocking your eye.

- Do not do any gardening for the first two weeks.
- Do not swim or play games where your eye could be hit for at least six weeks.

## Remember

- Keep your outpatient follow-up appointment.
- If you have any concerns or questions, phone Eye Casualty or the ward.
- Ask at your follow-up appointment about changing your spectacles.
- Make sure your eye doctor thinks you are ready before you resume driving.

## If you experience:

- Pain: Paracetamol should be enough to relieve your discomfort. If this does not control your pain, phone Eye Casualty or the ward for advice.
- Stickiness: when you wake up, your eye may be a little sticky for the first few days. Use cooled boiled water and a clean cosmetic pad to clean around your lashes. Be careful not to press on your eye. If the stickiness continues, ring Eye Casualty or the ward for advice.
- Worsening of vision or flashing lights – phone Eye Casualty or the ward for advice.

## Contact us

If you have got a minor eye problem, please seek advice from your GP, optician or pharmacist. If you think your problem might be urgent, please attend Eye Casualty.

Eye Casualty (Reading):	Mon-Fri 9am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 9am to 5pm; Sat 9am-12.30pm; Closed Sun & bank holidays
Dorrell Ward (Reading):	0118 322 7172 (24 hours a day)
Eye Day Unit (Reading):	0118 322 7123 (Mon-Fri 7am to 6pm)

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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Department of Ophthalmology, March 2010

Reviewed: February 2019

Review due: February 2021