SpaMedica

NHS
Providing NHS services

After your Cataract Surgery

Post-operative guide and information for patients



spamedica.co.uk

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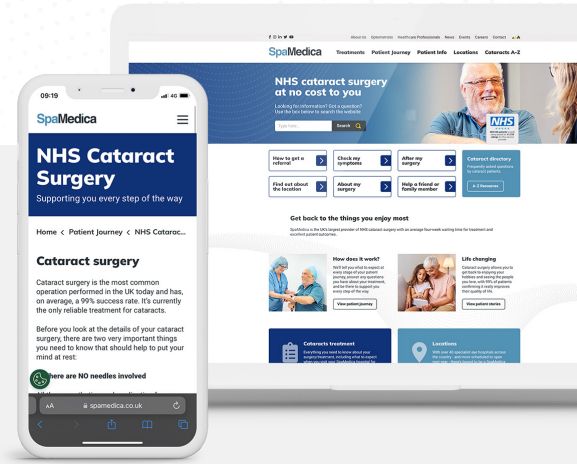
Introduction

Before your surgery you were provided with a handy booklet about cataract surgery.

This booklet recaps the post-operative follow up advice and provides answers to the frequently asked questions after your treatment. It is important to read this after your surgery to support your recovery.

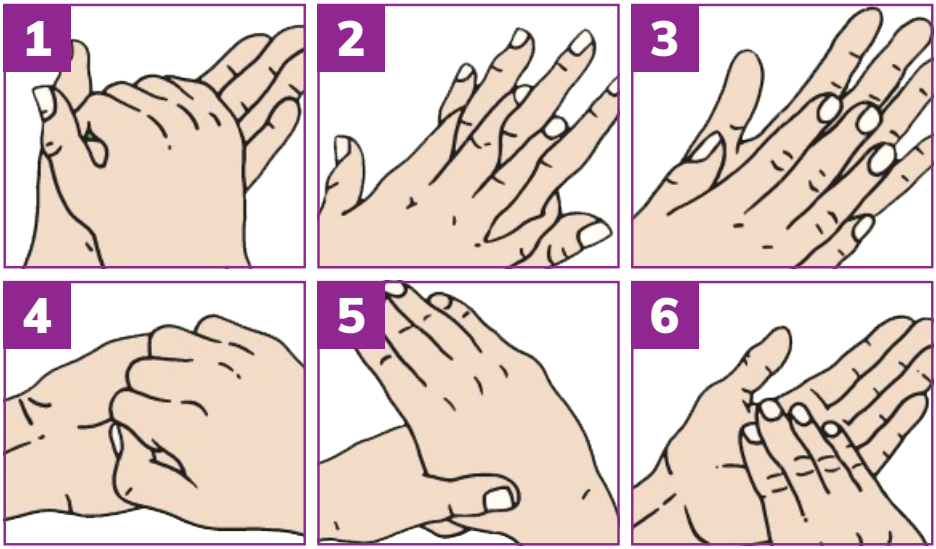
We have a wealth of information available on our website at **spamedica.co.uk** to support you.



Immediately after surgery

- Expect a dull ache over your eye and head – we suggest you take painkillers, such as paracetamol, every 4-6 hours, in accordance with the correct dosage
- Expect your vision to be blurred
- Expect a scratchy, gritty feeling in the eye
- You can expect a watering eye
- If you have prescription eye drops for other conditions, such as glaucoma, please continue to use as prescribed
- ***DO NOT*** rub your operated eye
- If you have been given one, ***DO NOT*** remove your eye shield until the next morning after your operation
- We recommend you don't wear a mask or face covering for the first 3 days after surgery
- If you have taken or been given an oral sedative on the day of surgery you MUST be taken home and accompanied overnight by a responsible adult

Hand washing guide



1. ***PALMS -*** Wet hands with water and apply enough soap to cover all hand surfaces. Rub hands palm to palm.
2. ***BACKS OF HANDS AND BETWEEN FINGERS -*** Rub back of each hand with palm of other hand with fingers interlaced.
3. ***BETWEEN FINGERS -*** Rub palm to palm with fingers interlaced.
4. ***FINGER NAILS -*** Rub with back of fingers to opposing palms with fingers interlocked rubbing fingernails to hand.
5. ***THUMBS -*** Rub each thumb clasped in opposite hand using a rotational movement.
6. ***FINGER TIPS AND WRISTS -*** Rub tips of fingers in opposite palm in a circular motion. Rub each wrist with opposite hand in a rotational movement.
7. ***RINSE AND DRY -*** Rinse hands with water. Use elbow or clean towel to turn off tap. Dry thoroughly with a clean dry towel.

First day after surgery

- If you have been given one, you should remove and discard of your eye shield the morning after your surgery.
- Wash your hands before removing your shield (see page 5).
- After you have removed the shield, please be careful NOT to rub the operated eye.
- Your nurse will advise you when to start using your prescribed eye drops and how often you should put them in. Most people start using their eye drops the day after their surgery.

It is normal for your eye to be sticky the first morning following surgery. Using the sterile swabs provided, soak in cooled, boiled water and clean the eyelids, both top and bottom, carefully. Wipe once across your closed eye, from the nose towards the ear. Discard the swab and repeat if needed. ***Always remember to wash your hands before and after cleaning the eye (see hand washing guide on page 5).***

Most severe post operative eye infections are due to poor hand washing before applying eye drops and touching/rubbing your eye. Post operative infection can lead to permanent loss of vision, so it's vital you wash your hands thoroughly before and after using drops to reduce the risk of infection and avoid touching your eye or eyelids'.

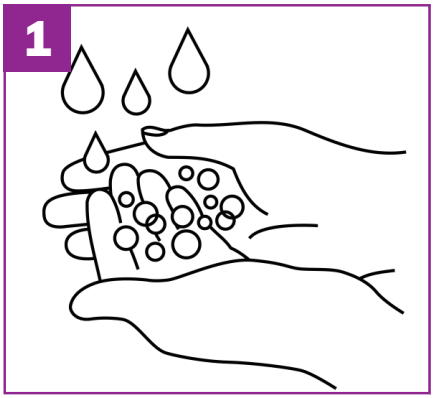
For the first few days it is common to experience:

- Blurred vision
- Redness
- Grittiness
- Scratchy/foreign body sensation
- Watering
- Soreness
- Light sensitivity

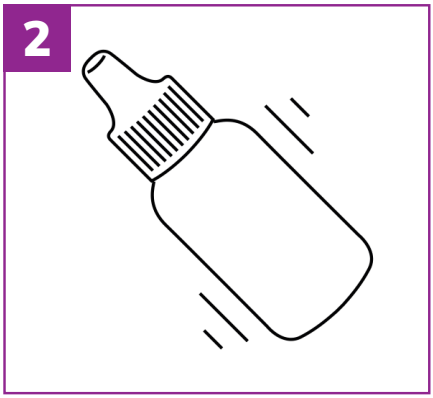
These symptoms should ease with the use of prescribed eye drops and artificial tears provided to ease dry eye.



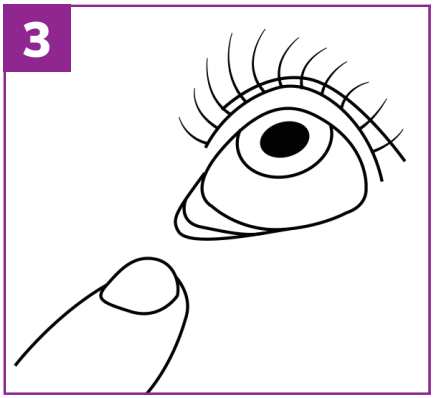
How to put in eye drops



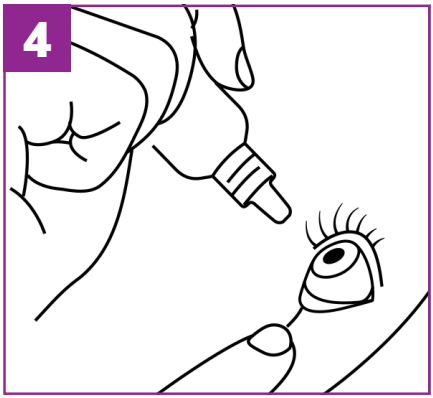
Wash your hands with soap and water (see hand washing guide on page 5).



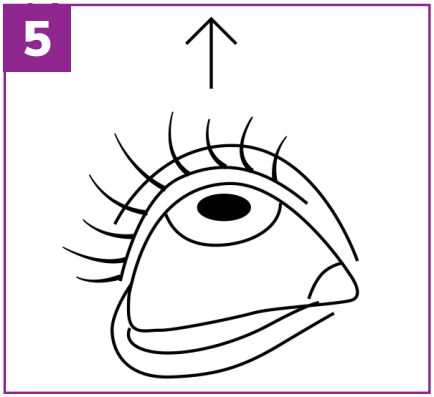
Gently shake or tap the bottle.



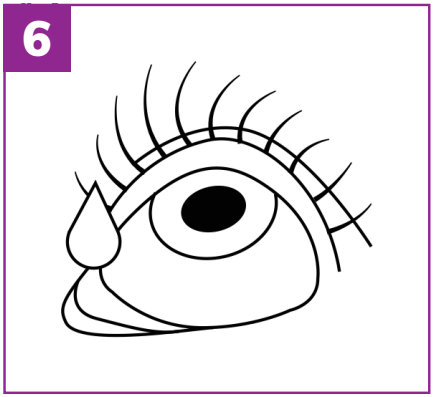
Sit down and tilt your head back. Pull down the lower lid with a finger, to make a space between your eyelid and eye.



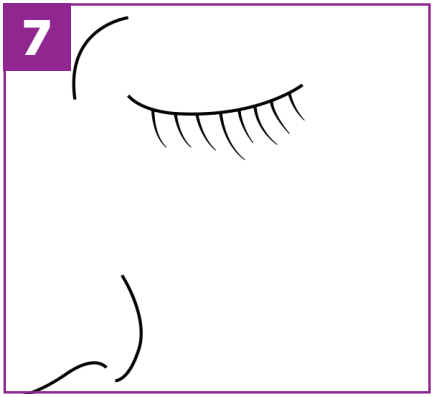
Hold the bottle over your eye with your other hand, being careful not to touch the tip of the bottle on the eye or skin.



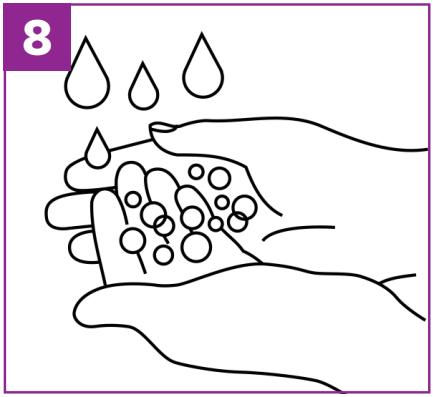
Look up.



Squeeze the bottle so one drop falls into the pocket of your lower lid.



Close your eye gently.



Wash your hands again with soap and water (see hand washing guide on page 5).

Dry eye

Dry eye following cataract surgery is very common. Symptoms of dry eyes may include redness, grittiness, a sensation of something in the eye and watering.

Should you suffer from the symptoms of dry eye, lubricating eye drops are available from your community optometrist or local pharmacy. We suggest you use these drops in the days before and after your surgery for added comfort and lubrication – every mealtime and bedtime.

Use them alongside your prescribed eye drops, but leave an interval of 5 minutes.

If you already suffer from dry eye, then cataract surgery can make your symptoms worse. We recommend continuing to use your dry eye drops regularly leading up to your cataract surgery to keep the surface of the eye as healthy as possible in preparation.

Occasionally, the symptoms of dry eye may continue for a few months after surgery. This is not unusual. You should continue to use drops to assist in lubricating your eyes and to reduce discomfort. If you have persistent dry eye symptoms, please seek advice from your community optometrist.

Post-surgery FAQs

Please find below a list of commonly asked questions.

Will my vision be blurred?

It is common to experience blurred or foggy vision, especially the next morning, but this should improve over time.

How will my eye feel?

Your eye may be gritty, red and scratchy. This can sometimes take a few weeks to fully recover from.

When can I drive?

Whenever you feel safe to do so. However, you cannot drive until you meet the legal driving requirement (reading a car registration plate at 20 metres). You may need new spectacles before you can drive again.

When can I exercise?

It is OK to resume light exercise from 1 week following surgery. Please avoid swimming or gardening for 2 weeks. Also, be careful to avoid dusty environments for 2 weeks following surgery.

When can I wear makeup?

Please refrain from wearing eye makeup for 1 week following surgery and applying false eye lashes or any other cosmetic or aesthetic treatment near the eye for 2 weeks.

Will I need spectacles?

If you needed spectacles before surgery, your prescription is likely to have changed, so we recommend that you see your optometrist for a sight test 4-6 weeks after cataract surgery.

Why does it feel like there is something in my eye?

A scratchy feeling is quite normal for a few days, and relates to the healing process following surgery. Please use dry eye drops to help make your eyes more comfortable if you experience this.

Can I wash my hair?

You can wash and bathe as normal. Try to avoid getting soap and water in your eyes for one week after surgery.

Can I rub my eye?

NO. Please do not rub the operated eye. It is important to keep it clean.

When can I return to work?

Most people can return to work the day after their cataract operation. Contact sports or roles involving control and restraint or working in a dusty environment should be avoided for a little longer (2-4 weeks) but are best discussed with your surgeon.

Can I fly?

Advice on flying after cataract surgery can vary. While the Civil Aviation Authority state that 24 hours is usually sufficient for simple cataract surgery, individual healing times differ. Our recommendation is to wait until 4 weeks after surgery before you fly.

Check your travel insurance policy before flying, as some policies may have restrictions or conditions that could affect coverage if you travel too soon after surgery.

Why do colours look different?

You may notice or perceive colour differences between the treated and untreated eye. This is quite normal.

Shall I continue previously prescribed eye drops?

Yes, always continue to take all prescribed eye drops, provided they are in date.

Can I bend down or lift anything?

Within reason, avoid lifting heavy objects and continuous bending for 1 week.

When should I have my check up?

Post-operative care pathways vary depending on where you live. If a post-operative assessment is required, this will take place either at SpaMedica, with your local optician or over the phone 4-6 weeks after surgery.

All of our patients still receive clear guidance, appropriate follow-up, and access to clinical support whenever needed.

Feedback and complaints

SpaMedica always listens to our patients and we value your feedback. Please let us know what we do well and what we can do better.

Feedback cards are available in each of our hospitals for you to tell us about your experience. Please send your feedback to us using the contact details below:

Email: **feedback@spamedica.co.uk**

Address: **Chief Operating Officer, SpaMedica Ltd., 43 Churchgate, Bolton, BL1 1HU**

If you are not happy with the service you have received, please speak to the Hosptial Manger with any concerns or write to us at the address above.

If you make a complaint to SpaMedica and are not satisfied with the response, you can contact the Parliamentary and Health Service Ombudsman (PHSO), using the contact details below:

Complete an online form on the PHSO website - www.ombudsman.org.uk/#complaint-checkerPHSO

Customer Helpline – 0345 015 4033 from 8:30am to 5:30pm, Monday to Friday, except bank holidays.

Send a text to the PHSO 'call back' service: 07624 813 005, with your name and mobile number.

How to contact us

Our website has a wealth of information: ***spamedica.co.uk***

General enquiries

For non-urgent questions relating to your surgery, contact us for:

- Appointment information
- Transport queries
- Questions about your treatment

Tel:
0330 058 4280
Mon to Sat, 8am - 6pm

Email: **contact@spamedica.co.uk**

Emergency help

Call us ***immediately*** if you experience any of these symptoms:

- Extreme pain
- A severe persistent frontal headache with nausea and vomiting (even after paracetamol)
- A progressive deterioration of vision, or loss of vision

Tel:
0161 838 0883
24 hours a day,
365 days per year

SpaMedica

Scan the QR code or visit **spamedica.co.uk** to find out more about cataract surgery

Contact us

Call us on the below number for general enquiries:

Tel: **0330 058 4280** (8.00am - 6.00pm)

Email: **contact@spamedica.co.uk**

www.spamedica.co.uk

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