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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮے ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون کਰّو: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Post-Operative Cataract Instructions

## Ophthalmology Department



## Contact Details

**If you have any questions or concerns, please contact our helplines:**

These helplines are manned Monday to Friday 08.30-17.00. It may take a few hours for a nurse to call you back. Please leave your telephone number and a short message after the recorded message.

Ashford Hospital: **01784 884402**

St. Peter's Hospital: **01932 722686**

Out of hours: 17.00-08.30, Weekends and Bank Holidays, please ring:

**01784 884488** or **01932 722000** and ask for the eye doctor on call.

### Senior Nurses

**Deputy Sister : Miriam Villaescusa**

**Deputy Sister : Sherly Joseph**

**Charge Nurse : Toni Varghese**

**Charge Nurse : Ernestina Osei**

We are always striving to improve our services to our patients. If you have any comments about your experiences or the information in this leaflet, please let us know.

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### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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## Post-Operative Cataract instructions

### Do not:

- Drive for at least a week after surgery and until you meet the standard of vision set by the DVLA that you must read a number plate from 20 metres.  
[Driving eyesight rules - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
- If in doubt, discuss with your optician or doctor. If required, you may wear glasses to meet these standards.
- Swim for two weeks, then use well-fitting goggles that do not allow water in
- Swim without goggles for 4 weeks
- Rub your eye
- Lift or move heavy objects for 1 month
- Dig the garden or mow the lawn for 1 month
- Wear eye make-up for 2 weeks
- Do not wear sunglasses any more frequently than you did before. Sunglasses should **not** be worn indoors

**On discharge the nurses will tell you when to remove the eye pad.**

**Please remove and discard the eye dressing and plastic shield.**

**If when you remove the dressing, the eye is sticky, gently bathe it using cooled freshly boiled water and gauze or cotton wool, well soaked to prevent the fibres catching on the lashes.**

**You only need to do this once unless the eye becomes sticky**

**DO NOT REUSE THE EYE PAD**

## Post-Operative Drop Instructions

### Drop Instruction

Please use **both** Maxidex eye drops and Chloramphenicol **four (4)** times daily at least 5 mins between each drop, as instructed by the nurse in the clinic before discharge.

Further bottles of drops can be obtained from your GP if you run out before the end of six weeks.

### Post-Operative Clinic Appointment

You will be given the appointment date by the ward nurse on your discharge from the hospital after the operation.

**Please ensure you bring all your drops and your glasses to your clinic appointment after your operation.**

Complications following cataract surgery are rare, however if you experience a combination of 2 or more of the following, please contact us:

- Red eye
- Sticky eye
- Pain
- Deterioration in vision

Please note that the pupil may remain dilated for up to 24 hours following surgery. The vision may remain blurred for several days. It is normal to have a gritty, prickly sensation or a feeling that something is in the eye. The eye can water and appear red for a few weeks after surgery.

## Post-Operative Cataract instructions

### Do:

- Wash your hands before and after instilling eye drops
- Shake the eye drops before using them
- Use clean tissues to wipe the eye, then discard the tissue
- **Continue to use any prescribed glaucoma or dry eye medication as before the operation**
- Bath, shower, wash your face and wash your hair as normal keeping your eyes closed so you do not get soap or water into them
- Do household chores as normal
- Read and watch television
- Have your eyes tested at the optician 4-6 weeks after surgery