



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Patient Information
Following Cataract Surgery
Eye Unit

You have had a cataract extraction with a lens implant performed on your eye. Please read this leaflet carefully and follow the instructions.

Instructions immediately after your operation

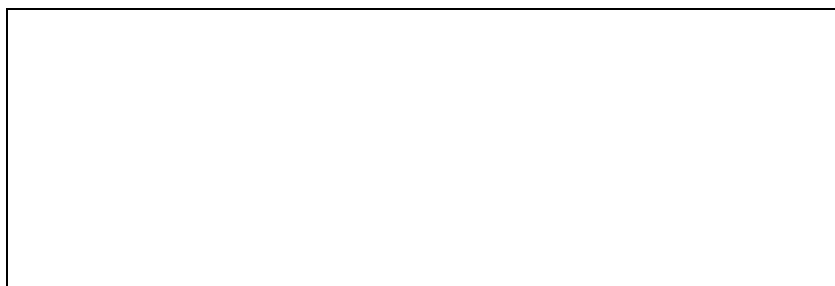
- Rest quietly when you go home today.
- Keep shield on until tomorrow morning. Wear shield at night for one week.
- When the anaesthetic wears off you may experience some ache or discomfort. This can be relieved by taking mild painkillers. Use what you would normally take for a headache. You may also suffer from temporary double vision which usually settles.

If you have any worries about your operation please ring the Eye Ward:- 01633 – 238414

**Please WASH hands before putting
in eye drops and only wipe your eye with a
CLEAN TISSUE.**

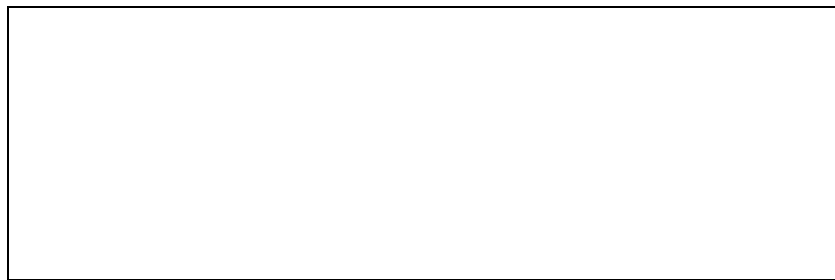
Modern surgery is very safe and within reason please carry on with life as normal.

Use your eye-drops/ointment as instructed:-



Instructions for day after surgery

1. Keep your eyelids clean. If your lids are sticky or crusty, use cooled boiled water and a clean cotton wool swab. To clean lids swab once and discard.
2. Avoid heavy lifting. You can carry on with light housework and cooking.
3. You can watch TV and read.
4. You can bath and wash your hair. Avoid getting shampoo in your eye.
5. Do not bend over for lengthy periods.
6. Do not wear eye make-up for at least 3 weeks.
7. Wear your own glasses, if they are of help to you, or dark glasses for protection during the daytime.



8. Advice will be given regarding returning to work.
9. You may resume driving providing you can meet DVLA driving standards and have allowed sufficient time to adjust your new vision, at least 48 hours.
10. If you experience increased pain, mucky discharge, distorted or a drop in vision, you should contact the eye department immediately. These symptoms could mean an infection.

Check list:-

- Drops / Ointment
- Appointment card
- Optician letter
- GP letter

Signature:- _____

What should I look for?

- Pain that is not controlled by mild analgesia (1g Paracetamol i.e. 2 tablets)
- Excessive stickiness and discharge
- Deterioration in vision

For advice you should ring:-

Eye Ward on:- 01633 - 238414

(Mon-Thurs 5.30pm - 8.00am) (Friday 5.30pm - 7.30pm)

(Saturday - 10.00am - 1.30pm), (Sunday - 2.00pm - open 24 hours)

Urgent Referral Clinic on:- 01633 - 238856

Day Case Patients ring Newport on:- 01633 - 238352

(Mon-Fri 8.00am - 5.30pm)

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**