

# Looking after your eyes when you return home

An information guide



# Looking after your eyes when you return home

Once you are discharged from hospital, we advise that you:

- Try to rest when you get home.
- Do not remove your eye shield until the following morning.
- Bathe your operated eye only when it is sticky, e.g. on waking in the mornings. To do this, **use cooled boiled (tepid) water** and gauze swabs. These can be purchased at any chemist. Start near your nose and wipe gently across your eyelid. Use each gauze swab **once only** and then throw it away. This may need to be repeated. If you do run out of your gauze you can use tissue instead.
- Instil the eye drops as instructed by the ward nurse. Use your eye drops for one month unless instructed otherwise by the nurse or doctor.
- Do not rub or touch your operated eye and try to avoid dusty atmospheres.
- Wear glasses if they help.
- You can still read and watch television as normal.
- Wear your eye shield for 4 nights – but do clean your shield daily using warm soapy water.
- It is normal for your vision to be blurred for a few weeks.
- Do not drive a car until your vision has been assessed in the eye clinic. It is illegal to drive if your vision is below the agreed standard as your insurance will not cover you.
- You may wish to wash your face/hair, but do avoid getting soap/shampoo in your eyes.
- Do not undertake strenuous exercise or heavy lifting.
- No swimming or contact sports for 6 weeks.
- Do not get new glasses until you are advised to do so by the nurse or doctor in the out-patient clinic (usually about 4 weeks after the operation).

- Time off work will depend upon your occupation.

### **Contact Numbers**

#### **The Royal Oldham Hospital, Oldham :**

**A&E Department - 0161 627 8933 - Friday 5pm until Monday 9am**

**Oldham Integrated Care Centre Eye Clinic -0161 621 3721**

**Monday – Friday 9am - 4.30pm**

#### **Rochdale Infirmary, Rochdale :**

**Eye Clinic - 01706 901757**

**Monday - Friday 9am until 5pm.**

**Eye Ward - 01706 901765**

**Monday - Friday 8am until 8pm (answer machine after 8pm)**

**Urgent Care Centre - 01706 517005**

**Monday - Friday after 8pm. Friday 8pm until Monday 9am**

#### **Fairfield General, Bury :**

**A&E Department - 0161 778 2600**

**Monday - Friday after 8pm. Friday 8pm until Monday 8am**

**Eye Ward and Clinic - same contact details as Rochdale Infirmary**

#### **Tameside Hospital Foundation Trust :**

**A&E Department - 0161 922 6000 - Available 24 hours**

**Eye secretary - 0161 331 6388**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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