

If you require a translation please contact:

Se avete bisogno di una traduzione si prega contattare:

Si usted requiere una traducción de esta información por favor contacte a:

اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

POST OPERATIVE CATARACT INSTRUCTIONS

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

DO:

- Wash your hands before and after using drops
- Until advised not to by the nurse, wear the eye shield at night. Wash the eye shield in warm soapy water and dry it each morning
- Shake the drops and use as instructed
- Only use clean tissues to wipe the eye
- Continue to use glaucoma or dry eye medication as instructed
- Bath, shower and wash your hair as normal
- Do household chores as normal
- Read and watch television
- 4-6 weeks after surgery, have your eyes tested at the optician

DO NOT:

- Until advised by the hospital, do not drive
- Rub your eye
- Lift or move furniture for one month
- Dig the garden or mow the lawn for one month
- Wear eye make-up for first two weeks

CONTACT DETAILS

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

Matron Mandy Wilson

Ashford Hospital **01784 884488**, bleep **8355**

Sister Maggie Lewis

Ashford Hospital **01784 884488**, bleep **8356**

Ophthalmic Nurse Practitioner Jain Sidhu

St. Peters Hospital, **01932 722754**