

East Point Vision LLP
East Point Consulting Rooms
James Paget University Hospital
Gorleston, Great Yarmouth
Norfolk NR31 6LA
Tel: 01493 452420
07716 015069
Email: info@eastpointvision.co.uk
Web: www.eastpointvision.co.uk



Instructions for patients following cataract surgery

1. On discharge you may have an eye pad or shield in place. This can be removed the following morning.
2. The eye will generally feel a little 'gritty' after surgery and may water. Some blurring may also be present, this is quite normal.
3. Do not touch or rub the eye.
4. If mild discomfort is experienced you may take painkillers if required.
5. In the morning if you wish to bathe the eye, use cooled boiled water. Using a clean tissue soaked in the water and with your eye closed, wipe the lid from the inner corner outward only using the tissue once.
6. You will be given a supply of drops to take home with you and it is important that you use these regularly according to the instructions. Please contact your local surgery in plenty of time to obtain a further supply of these if necessary.

7. Restrictions are minimal after surgery. Normal activities may be resumed as soon as possible. However avoid excessive bending and lifting. Avoid cosmetics and sprays near the eyes and use a backwash method for your hair for the first two weeks.

8. There are no restrictions on reading and watching television using your present glasses as this will not harm or damage your eye in any way. Approximately 4 weeks following your operation your consultant will advise you to go to your optician and have your eyes re-tested for new glasses.

9. If you drive please ask the doctor when you come for your first follow up appointment when you may resume driving again.

10. Wear the plastic eye shield using the tape provided at night for two weeks after your operation.

11. You will be given a follow up appointment for the eye clinic. Please continue to instil drops as instructed until this appointment – please bring your drop chart and any glasses that you wear to this appointment.

12. Whilst complications are unusual following surgery, if you experience any of the following symptoms you should contact us as soon as possible:

- Severe pain or ache in or around the eye
- Severe nausea or vomiting
- Any sudden deterioration of vision

- Excessive thick sticky discharge from the eye accompanied by soreness

You will be given emergency contact details of your consultant.

In addition, advice can be sought by contacting Windsor Suite:

Monday – Friday 9am – 5pm
01493 452008