

Contact Numbers

Your nurse today was.....
Your next appointment is.....
At on the

Any queries regarding your appointment ring 01744 646130 /
01744 646131

Please bring your spectacles to clinic.

If you have any severe pain in the eye or sudden loss of vision
before your next appointment, please contact:

The Eye Clinic 01744 646136 / 01744 646137

Monday - Friday 9.00am - 5pm

or

Outside these hours or bank holidays 0151 426 1600 and ask
to be put in contact with the on call Ophthalmologist

Other useful organisations

<http://www.patient.co.uk/>

<http://www.nhsdirect.nhs.uk/index.asp>

<http://www.patientsupport.org.uk/>

Sanderson Suite 01744 646089

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

NHS

St Helens and Knowsley
Teaching Hospitals
NHS Trust

Cataract Surgery

Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Author: Staff Nurse
Department: Sanderson Suite
Document Number: STHK1494
Version: 2.1
Review Date: 31 / 08 / 2023

Your cataract, (clouding of the normally clear lens of your eye), was removed and your new lens implant inserted

Post Operative Advice

You may carry on with normal activities including watching TV, reading etc.

You will not strain your eye.

Wear dark glasses for comfort (if required). Be careful not to poke yourself in the eye when putting on glasses.

Your face may feel numb, you may have blurred and/or double vision and your eye may water, this is normal and will soon wear off.

You may also get a gritty feeling and some discomfort is expected and you can take your normal painkillers such as paracetamol.

Please follow the instructions on the label.

You must wear the plastic shield at night for one week.

This can be washed with soap and water and put it back on with sticky tape.

Avoid

- Heavy lifting (this includes heavy shopping bags).
- Extreme physical exertion including contact sports.
- Avoid rubbing or touching the eye with used handkerchiefs or tissues.
- You may shower, but do not look directly up.
- Avoid getting shampoo or soap in the operated eye.
- Avoid swimming for at least 2 weeks.
- Avoid driving unless you have checked with your surgeon first.

Tomorrow Morning

Wash your hands and remove the eye shield. If your eyelids are crusty, bathe gently with cool boiled water, from inner to outer corner, using sterile gauze.

Start your eye drops today as prescribed.

You will be given enough drops to cover the required dose and course, however, please contact the ward if you run out.