



North Shore Eye Centre

North Shore Private Hospital · Westbourne Street and Reserve Road · St Leonards NSW 2065 · AUSTRALIA
Tel: +61-2-9439 9649 · Fax: +61-2-9437 3522 · Roving (local call): 0500 THE EYE (0500 843 393)
info@northshoreeye.com.au www.northshoreeye.com.au

ADVICE TO PATIENTS LEAVING HOSPITAL After Intraocular Lens or Other Major Eye Operation

Complete healing of your eye takes several months, during this period observe precautions:

- Avoid rubbing or pressing on the eye – remember it is still healing.
- Moderate physical activity is allowed.
- Use the eye drops as directed
- Dark glasses may be worn during the day if necessary for comfort.
- You may read, write and watch television.
- You may bath or shower. You may also go to the hairdresser who should be aware that your eye has been operated on and take extra care.
- Normal sexual activity may be resumed.
- Some minor discomfort is normal – but if there is any increase in pain or your eye becomes excessively red and this lasts for a few hours, contact your Eye Doctor *immediately*.

When leaving hospital after your operation and for the first day after your operation

Your surgeon and anaesthetist may have performed the operation with use of sedative drugs so do **NOT**:

- Drive a car
- Travel alone
- Make important decisions
- Use machinery
- Lift heavy objects

If the eye has a dressing on it leave it intact and see the Eye Doctor the next day. This should have been arranged prior to your operation.

For pain

Panadol (paracetamol), Panadeine (containing codeine) or Panadeine Forte (containing a higher dose of codeine) are all suitable for pain after your operation.



Take two tablets every four hours as necessary. Panadeine Forte requires a prescription.

It is normal to have a gritty sensation in the eye. This is usually related to stitches or sometimes the healing tissues themselves feel a bit rough until the eye is healed and then they smooth over. If the eye is very painful and getting worse please call the Eye Doctor or if requiring emergency assistance call the Ophthalmic Registrar at Royal North Shore Hospital on (02) 9926 7111.

Posturing

Some operations require you to posture in a certain position as much as you can after the surgery. This is the case if the doctor has placed a gas bubble or sometimes silicone oil inside the eye particularly in retinal detachment and macular hole surgery.

Macular hole patients need to posture with their face toward the ceiling for the first 24 hours and then their face down towards the floor for the next 10 days. Good adherence to his posture improves the success of macular hole surgery.

Other retinal detachment patients may have to posture face up, face down or left cheek to pillow or right cheek to pillow depending on the position of the hole in the retina that requires healing. The Eye Doctor will advise the nursing staff and the nursing staff at the hospital will advise you.

Cataract patients do not usually require any posturing.

The eye pad and eye drops

The eye pad will be required for 24 hours, after which it may be discarded.

The eye drops are normally used for one month after the operation. For retinal surgery there are usually three bottles of drops, Maxidex and Chlorsig, each of which are used four times a day and Homatropine which is used twice a day to dilate the pupil. In general these drops are used until one month or when they run out whichever occurs first. Usually repeat prescriptions are not required.