

Information for patients and visitors

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# **Information for patients following Phacoemulsification**

**(Keyhole Cataract Surgery)**

**Under the care of Mr Goel**

**Pharmacy Department  
Clinical Support Services**

**This leaflet has been designed to  
give you important information  
about your condition / procedure,  
and to answer some common  
queries that you may have.**



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Cataract removal and replacement of intraocular lens implant in the eye is through a small self-healing wound, with the use of ultrasonic energy.

### Things you can do following the operation:

- You are able to resume normal activities very soon after the operation
- You can watch TV, read, knit or sew and go for a walk

### Things to avoid following the operation:

- **DO NOT** rub your eye for at least 2 weeks
- Do not drive until you have been advised by the doctor that it is safe to do so
- Avoid lifting of heavy items, vigorous exercise or sport and undue straining for about 2 weeks
- Avoid shampoo and soap near the eye
- Avoid sudden jerky environments
- No swimming for 4 weeks

### Important points you need to know following the operation

It is normal to feel a “gritty” or “scratchy” sensation in your eye, however if you experience a loss of vision, sharp prolonged pain or bleeding from your eye you must attend the Accident and Emergency department. It is unlikely you will experience these symptoms.

Between your operation and your clinic review appointment, if your eye becomes painful, red, and /or vision becomes worse either contact:

Your GP practice.

The Eye Clinic – between the hours of 09:00 and 17:00 – Monday to Friday, (closed weekends and Bank Holidays) 01472 874111 ext 1145.

GP Out of Hours service 01472 256222.

### Medicines to be used following the operation

You will be required to put eye drops into the affected eye for 4 weeks following your operation. Below is a list of the eye drops you will be issued with and what they are used for.

#### **Ofloxacin (Exocin) Eye Drops 0.3%**

This is an antibiotic eye drop which is used to help prevent infection whilst the surgical wound heals up.

#### **Prednisolone 1% (Pred Forte)**

This is a steroid eye drop which is used to reduce inflammation following the operation. This product is a suspension and the bottle must be shaken immediately before each use. Suspensions can give a gritty feeling in the eye for a short while.

#### **Bromfenac 0.9% (Yellox)**

This is a non-steroidal eye drop which is also used to reduce inflammation following the operation.



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### Instructions for Use

Apply your drops in the following way:

1. Wash your hands
2. Tilt your head back and look at the ceiling.
3. Gently pull down the lower eyelid of the affected eye until there is a small pocket.
4. Turn the eye drop bottle upside down and squeeze it to release ONE drop into the affected eye.
5. Let go of the lower lid and close your eye.
6. If a drop misses your eye, try again



The eye drops should be used as instructed below:

Please note when using more than one eye preparation in the eye at the same time of day, you should wait at least 5 minutes before using another preparation in the eye, this allows the drops to “settle in “ and not be washed out by the second drop if it is put in too quickly.

| Week        | Medicine                                | Dose                             | Into which eye<br>-please delete as appropriate |       |
|-------------|---|----------------------------------|---|-------|
|             |   |                                  | LEFT  | RIGHT |
| 1 and 2     | <b>Ofloxacin 0.3%<br/>(Exocin)</b>      | ONE DROP <b>FOUR</b> TIMES DAILY | LEFT  | RIGHT |
| 1 and 2     | <b>Bromfenac 0.9%<br/>(Yellox)</b>      | ONE DROP <b>TWICE</b> DAILY      | LEFT  | RIGHT |
| 1 and 2     | <b>Prednisolone 1%<br/>(Pred Forte)</b> | ONE DROP <b>FOUR</b> TIMES DAILY | LEFT  | RIGHT |
| <b>then</b> |   |                                  |   |       |
| 3 and 4     | <b>Prednisolone 1%<br/>(Pred Forte)</b> | ONE DROP <b>TWICE</b> DAILY      | LEFT  | RIGHT |

If you require further eye drops they can be ordered through your GP as a repeat prescription, please allow at least 3 days in advance to ensure you do not run out.

If you are using any other eye drops e.g. for glaucoma or dry eyes, please use a new bottle on the operated eye following surgery.

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### Reference section

Patient Information Leaflets for each product.

### Contact details within the Trust for patients to obtain additional information

Ward Manager, Day Surgery Unit, Diana Princess of Wales Hospital, Grimsby.

01472 875557.

### Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

#### For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

#### For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:

[nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

### Northern Lincolnshire and Goole NHS Foundation Trust

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Scarcho Road  
Grimsby  
01472 874111

Scunthorpe General Hospital  
Cliff Gardens  
Scunthorpe  
01724 282282

Goole & District Hospital  
Woodland Avenue  
Goole  
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