



Patient information – surgical services

Instructions for patients being discharged from surgery – Mackellar ward



Patient sticker

Who should I contact if I need support following my discharge?

For concerns or questions about your operation please call the Mackellar ward on 020 7566 2590 or 2589.

For anything to do with your follow up appointment, please call the appointments desk on 020 7253 3411 ext _____

For out-of-hours emergency advice (weekdays 9pm–7.30am or weekends 7.30pm–7.30am), please contact Moorfields’ switchboard on 020 7253 3411.

Pain: If you experience pain in the eye that has been operated on, you should take your usual pain relief. If the pain

persists you should contact the ward (or switchboard if out of hours) as above.

Vision loss: If you notice any loss of vision you should contact the ward (or switchboard if out of hours) as above. Do not wait for your appointment.

Feeling unwell: If you are feeling generally unwell, contact your local general practitioner (GP) and show them your discharge letter which was given to you on leaving the ward.

If you have undergone retinal surgery and you have been informed that you have a bubble of air or gas in your eye, your vision will be blurred until the gas dissolves. The bubble will appear to be at the bottom of your vision when you are upright. As the gas dissolves you may see the edge of the bubble, similar to a spirit level, moving downwards over the first few weeks. You will be able to see above the line, but under the line the vision will be fuzzy or blurred.

General advice

- Do not rub or press your eye for two weeks or longer if advised.
- If you were given a protective eye shield, wear it at night for two weeks unless instructed otherwise. To clean the shield, simply rinse it under the tap and dry with a clean tissue.
- On leaving the hospital you may continue all of your other usual activities, unless you are advised otherwise.
- You should avoid swimming, contact sports and heavy manual lifting until this has been discussed at your follow up appointment.
- When showering or washing your face and hair, please try to keep water out of the eye.
- Eye makeup should be removed and not worn until seen by the doctor.
- If applicable, new glasses will be discussed at your follow-up appointment. Before then there is no problem with wearing your current glasses if you wish.
- If you have stitches in your eye or lids, the doctor or nurse will discuss with you whether they need to be removed and when this will happen.

If you run out of eye drops please go to your GP for a repeat prescription. Take your copy of your GP letter with you.

Other instructions

You should start your drops:

Contact lenses:

Pre-existing drops:

Your eye drops

A nurse will teach you or your carer how to look after your eye before you go home. You will be shown how to clean your eye and put in the eye drops correctly. In some circumstances, family and friends will be taught how to do this so they can help you.

It is important to ensure that you position your eye drop bottle accurately over your eye at a safe distance and angle so the whole drop falls into the eye. This also helps ensure you don't damage your eye surface, or contaminate the nozzle should it touch your eye or surrounding skin.

Together with our patients, we have developed the popular 'wrist-knuckle' technique to help make putting in eye drops easier and safer. Please read the





step by step guide below for more information.

Wrist-knuckle technique

1. Check the expiry date on your eye drop bottle, and shake if required.
2. Wash your hands before opening the bottle.
3. Lie down or sit down and tilt your head back.
4. Make a fist with one hand and use your knuckles to pull your lower eyelid downwards. Place your other hand with the eye drop bottle onto your knuckles (see figure 1).
5. Look up and squeeze one drop into your lower eyelid, making sure the nozzle does not touch your eye, eyelashes or eyelid.
6. Close your eye and press gently on the inner corner of your eye for 30-60 seconds to ensure the drop is fully absorbed.



Figure 1: Wrist-knuckle technique





If this technique is difficult for you to follow, there are several gadgets available called compliance aids, which can help make putting in drops easier. These are available for Moorfields patients from the pharmacist or clinic nurse at all our sites.

If you are using more than one type of drop in the same eye, remember to leave a five minute gap between drops to allow the first drop to be absorbed. Otherwise, the second drop will wash the first drop out, causing it to have been ineffective.

Only administer the number of drops advised by your nurse, which is usually just one drop.

If you feel that you may have missed your eye when instilling a drop, you can safely try again immediately. Any excess volume will simply run out of your eye and will not cause harm to your eye.

If you are using an eye ointment at the same time as your eye drops, always use your eye drops first and leave a five minute gap before using the ointment.

Store your drops as instructed, whether that is at room temperature (never near a radiator) or in the fridge.





Drops to put in each day

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Discharge nurse (print):
Date:





Follow-up appointments

You will normally need a follow-up appointment. The date of this should be given to you on discharge, but occasionally we will send it to you by post if we are not able to book it at your time of discharge.

If you have not received an appointment date within a week please call the appointments phone number on the front page.

If you are having a second procedure, both operative dates might have been booked beforehand and if so, your first eye could be checked when you come in for the second surgery.

Comments:

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Moorfields Eye Hospital NHS Foundation Trust
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325
Email: moorfields.pals@nhs.net
Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For





more information about your rights
under the NHS constitution, visit
www.nhs.uk/choiceinthenhs

