Instructions for putting in eye drops and advice following eye surgery

Introduction
This leaflet will give instruction for putting drops into your eyes and how to care for your eyes after surgery.

Figure 1: Putting in eye drops

How to put drops into your eyes
1. Wash your hands
2. If eye lids are sticky bathe with cool boiled water
3. Shake the bottle
4. Tilt your head back
5. Gently pull down your lower lid with one finger
6. Look up
7. Allow the drop to fall inside the lower lid
8. Do not let the dropper touch the skin or eye

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Department
Ophthalmology
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Advice following eye surgery

- Please remember that you have had an operation on your eye and you should try to rest as much as possible for the rest of the day
- Your eye may stay closed after the operation until the anaesthetic has worn off
- You may experience some double vision, this will settle over the afternoon and evening
- Your eye may feel itchy and gritty, it may be red and watery with blood stained tears
- Leave the shield/eye pad over your eye until tomorrow morning. You should then start your eye drops as advised. You may be advised to use the shield overnight for 2 weeks
- It is normal to have a little pain and watering of the eye after the operation. Take your normal pain relief if needed
- Your vision may be blurred after the operation. It should gradually clear but you may not notice the full benefit of the operation until you have had your glasses changed
- Do not rub your eye
- Be careful not to get anything in your eye, such as water, soap, dirt or make up.
- Do not do anything really strenuous or heavy lifting for 2 weeks while your eye is healing
- Do not drive for about a week as you must be able to read a number plate at 20.5 metres. Your insurance company will be able to advise you
- Wait until after your follow up appointment before having your eyes tested. You may find it useful to remove the lens from your glasses on the operated side
- Use the eye drops as per the instructions at the beginning of this leaflet above
- If you are currently using eye drops for glaucoma, please continue but start fresh bottles for the operated eye
You will receive a follow up appointment with either the hospital or a community optician.

Contact the Casualty Eye Line if:

- you have severe pain that does not settle after taking pain relief
- your vision gets worse and you have new flashes, floaters or curtain effect
- your eye becomes more red
- your eye becomes sticky

Contact information

Casualty Eye Line
Tel: 0300 422 3578 (24 hours answerphone)
Press option 1

For routine enquiries please contact:
Eyford Unit
Tel: 0300 422 4002
Monday to Friday, 9:00am and 5:00pm

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