



PIETERMARITZBURG  
EYE HOSPITAL

## **What to do when you leave**

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In addition to the specific discharge information you have received from your Doctor, we have compiled this brochure to guide you through the first few days.



**Contact your doctor  
immediately**

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Don't hesitate to get in touch with your doctor if you have concerns. Your speedy recovery is very important to us; we are here to help you as best we can. If you can't reach your doctor, please get in touch with us.

## Caring for yourself:

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Your procedure has more than likely involved a degree of sedation or anaesthesia, that medication remains in your body for 24 hours. While you may feel fine and appear to be acting normally, the medication may still be having an affect.

### Please do

- allow someone to assist you during the first few days, especially with risky activities like using stairs, making tea and when you are in crowded spaces. Wearing an eye pad, or eye shield, will affect your ability to see clearly. It especially

affects your depth perception which is your ability to correctly assess distance.

### Please do not

- drive, or travel alone on public transport.
- make any important decisions during this time.

A few procedures require tablets to be taken as part of the recovery. The nurses will explain how to take them and write down the instructions. Some procedures may cause slight discomfort and the nurses will guide you on what to expect and how to manage the pain.

## Caring for your eyes:

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The correct use of the eye medication prescribed after surgery is a very important factor in influencing the successful outcome of your surgery. The types of drops or ointments, and the frequency of administration, have been prescribed by the Doctor and explained by our nurses.

While some of the eye drops reduce the swelling and assist with the healing of the eye, others are to prevent infection. Eye drops only have a few, mild, side effects, for example, you may experience a slight sting at time of use, dryness in the eye or an odd taste in your mouth after using them. This will settle down after the drops are absorbed.

### Please do

- follow the instructions on the doctor information sheet.
- wash your face and shave but please avoid pressing on the eye area and avoid splashing soapy water in the eye. We would recommend you wash with clean water first or tilt the face back in the shower and let the water run over your face.

### Please do not

- wake up at night to administer the eye drops, you only need to instil them during your waking hours.
- use any eye drops other than those prescribed by your Doctor without his/her advice.
- wear eye makeup for the first five days after the procedure.
- use a fabric handkerchief or face cloth near your eyes as either may be a source of infection.



## How to instil your eye drops:

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**7** When using 2 or more kinds of eye medication, wait about 5 minutes after instilling the first medication before instilling the next.

**6** Do not rub your eyes after putting in the drops. Instead, gently blot the eye area with a clean tissue to reduce the contact of the eye drop with the sensitive skin around your eyes.

**5** After each drop, gently close the eye for 30 to 60 seconds to let the drops absorb.

**1** Wash your hands.

**2** Tilt your head back a little bit and look at the ceiling. This can be done whilst sitting or lying down.

**3** Use one or two fingers to gently pull down your lower eyelid to form a pocket.

**4** Keep both eyes open and gently squeeze 1 drop into the eye pocket. Do not let the bottle top touch your eye, eyelashes, fingers, or any other surface.



## How to instil your eye ointment:

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**7** When using 2 or more kinds of eye medication, wait about 5 minutes after instilling the first medication before instilling the next.

**6** Do not rub your eyes after putting in the ointment. Instead, gently blot the eye area with a clean tissue to reduce the contact of the eye drop with the sensitive skin around your eyes.

**5** After instilling your eye ointment, gently close the eye for a few minutes to let the ointment absorb.

**1** Wash your hands

**2** Tilt your head back a little bit and look at the ceiling. This can be done whilst sitting or lying down.

**3** Use one or two fingers to gently pull down your lower eyelid to form a pocket.

**4** Keep both eyes open and place about ½cm of the ointment from the tube into the lower eyelid pocket, then let the eyelid close and this will break off the piece. Do not let the tube top touch your eye, eyelashes, fingers, or any other surface.





HOSPITAL  
ENTRANCE

The sign is mounted on a wall of light-colored stone tiles. Above the text, there is a stylized logo consisting of a black square with a white cross-like shape inside, flanked by a blue curved line on the left and a green curved line on the right.





## **Please accept support:**

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Having eye surgery can be very daunting and everyone's concerns are very different but very real. Sometimes the practical planning of transport and putting the drops in afterwards can be worrying. Don't be embarrassed to ask for help from your family and friends, and if someone offers help, accept it as graciously as it is being offered.

### We would appreciate your help

Please keep an eye out for an email from us which will include a link to our feedback survey and then take a couple of minutes to complete it.





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## **Contact us:**

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Please contact your Doctor, who is in a position to advise you and answer any questions, if you have any concerns.

We are also available to assist you every step of the way, so please feel free to call us on 033 812 2020 or email us on [admin@pmbeyehospital.co.za](mailto:admin@pmbeyehospital.co.za) at any time. Our emergency number is 033 812 2300.