

Enucleation surgery – postoperative care and advice

What to expect after the operation

Wear an eye pad until any discharge has resolved. You may also wish to continue wearing a pad or patch until you are fitted with your prosthesis. Pads can be purchased from your local pharmacy.

Change your eye pad at least once a day. If discharge is present you will need to change your eye pad more often.

You can expect to have some swelling around your eyelids. This will settle over the coming weeks.

Pain relief

You may have some mild pain. You can take Paracetamol to help with the pain. A maximum of 2 tablets (1 gram) 4 hourly. No more than 8 tablets (4 grams) in a 24 hour (1day) period.

After a general anaesthetic

You may feel drowsy because a small amount of the anaesthetic may still remain in your body. This can slow your reaction time/ coordination and affect your judgement /reasoning for the next 24 hours after your operation.

We recommend that you rest during this time. Adults: During the first 24hours after your operation it is important that you do not drive a car, cycle, ride a motor cycle or, operate machinery, drink alcohol or sign any legal papers.

You may have a slight cough or a sore /dry throat.

You can start your normal daily activities again after 2-3 days.

Contact a Doctor for help if you have any of the following:

- You are taking regular pain relief and are still in pain
- You have a change or increase in discharge from your eye

Contact details

If you have any concerns or questions regarding your operation please call the Eye Outpatient Department. For after hours, weekends and Public Holidays emergencies contact the Emergency Department at your nearest hospital, your General Practitioner or one of the After Hours Medical Centres. Phone numbers over page.

Please take this information with you.

Follow up appointment

Your follow up appointment is on;

At:

- Wellington Eye Outpatient Department, Level 9, Grace Neill Block, Wellington Hospital *or*
- Outpatient Department, Kenepuru Hospital

It is very important to come to this follow-up appointment to make sure all is well with your eye.

Contact us

Eye Outpatient Department

Phone: 04 806 2675

Triage Nurse: 027 4333 477

Monday to Friday - 8.30am – 4pm.

In an emergency dial 111 for ambulance assistance.

After hours medical centres;

- **Kenepuru Hospital accident and medical.** Open 24 hours a day. Phone 04 918 2300
- **Paraparaumu team medical Coastlands Shopping centre.** Open 8am – 10pm daily. Phone 04 298 2228
- **Waikanae medical centre.** Open Monday – Thursday 7pm – 8am and Friday 5pm – 8pm or anytime weekends and public holidays. Phone 04 293 6002
- **Accident and urgent medical centre Wellington.** Open 8am – 11pm daily. Phone 04 384 4944

If you are unsure if you need to visit your GP or Afterhours medical centre you may wish to call **Health Line** for free advice. Open 24 hours a day. Phone - 0800 611 116.