

General Eye Care

Discharge Information

Ophthalmology Department

Surname: NHI:

First Names:

Date of Birth: / / Sex:

PLACE PATIENT ID HERE



General eye care

- Leave your eye patch on until the morning after the operation. Please do not replace it.
- After removing your eye patch, you may need to bathe your eyelids if they are sticky. You are aiming to clean the eye lashes, not the eye itself.
- **Do not poke, rub or scratch your eye.**

To bathe the eyelids

1. Boil some water, and then allow it to cool in a clean cup or bowl.
2. Wash your hands.
3. Moisten a clean tissue in the cooled boiled water. Keeping your eye closed, use this tissue to wipe across the eye from your nose to your temple. Throw this tissue away.
4. Repeat step 3 as necessary until the eyelid is clean.

If you have been prescribed eye ointment and eye drops, use the eye drops first and then the eye ointment. If you have more than one eye medication to use, allow 5 minutes between each medication.

How to use your eye drops

- Wash your hands.
- Remove the lid of the bottle. It is important to keep the bottle tip clean by not letting it touch your hand or the eye.

- Gently pull down the bottom eyelid. Tip your head back and look up.
- Holding the bottle at least 2cm above your eye, allow one drop to fall into the centre of the lower lid.
- Replace the lid of the bottle.
- If you have more than one eye medication to use, allow 5 minutes between each medication.

How to use your eye ointment

- Wash your hands.
- Remove the lid of the tube. It is important to keep the tube tip clean by not letting it touch your hand or the eye.
- Gently pull down the bottom eyelid. Tip your head back and look up.
- Holding the tube at least 2cm above your eye, allow 2cm of ointment along the lower lid.

Contact a Doctor for help if you have the following:

- You are taking regular pain relief and are still in pain.
- Loss of vision.

Contacting us:

If you have any concerns or questions regarding your operation please contact us (see next page).

[Continued]

For after hours emergencies, contact:
The Emergency Department at your nearest hospital, your General Practitioner or one of the After Hours Medical Centres. *Please take this information with you.*

Your eye drops	Eye	Breakfast	Lunch	Tea	Bedtime

After Hours Medical Centres

Kenepuru Hospital Accident and Medical: (04) 918 2300

Paraparaumu – Team Medical Coastlands Shoppingtown: (04) 298 2228

Waikanae: (04) 293 6002

Accident & Urgent Medical Centre Wellington: (04) 384 4944

Healthline

If you are unsure if you need to visit your GP or After Hours Medical Centre you may wish to call Healthline for free advice. Call anytime on 0800 611 116

Your follow up appointment is on:

**At the Wellington Eye Outpatient Dept.,
Level 9, Grace Neil Block,
Wellington Hospital.**

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

Contact us

Department: Eye

Outpatients Department

Phone: (04) 806 2675

Triage Nurse: 027 4333477

**Hours: 8.30am-4pm,
Monday to Friday**

Capital & Coast DHB

Phone: (04) 385 5999