

Going home after your eye surgery under a general anaesthetic

If you need information about eye surgery under a general anaesthetic or your hospital visit on audiotape, please call 020 7188 8815.

This information sheet has been given to you to help explain how to care for yourself at home after your general anaesthetic. You will be given more information about caring for your eye which is specific to your eye condition and the operation that you had.

If you have any questions or concerns, please do not hesitate to speak with your doctor or nurse.

What is day surgery?

Day surgery allows you to come to hospital for surgery or a procedure and go home on the same day. It is for people who do not need to stay in hospital overnight.

Advancements in surgical and anaesthetic technology have allowed a range of surgeries to be safely performed as a day case. This makes the surgery more convenient for you.

What is a general anaesthetic?

A general anaesthetic is medication that causes you to be temporarily unconscious (asleep), so you do not feel anything during the surgery. A specially trained medical doctor, called an anaesthetist, will stay with you and monitor your care during your surgery.

You might find the leaflet, **Having an anaesthetic**, useful. Please ask your doctor or nurse for a copy.

When can I go home?

You will need to stay in the hospital for at least two hours after your procedure, so the doctors and nurses can monitor your recovery and make sure it is safe for you to go home.

We will explain any medication that we prescribe for you and give you written information about this medication before you go home.

You will be able to leave the hospital when your nurse is satisfied that you are well enough to go home and there is a responsible adult to accompany you.

You will not be able to leave the hospital unless a responsible adult is there to help you get home.

It is important that you follow the advice given below for your safety

Although you might feel fine, your reasoning, reflexes, judgement, coordination and skill can be affected by the general anaesthetic for 48 hours after your operation.

Please rest at home for a minimum of 24 hours after the surgery. Do not go to work or school on the day after your surgery. Please follow the advice and instructions that the doctors and nurses have given to you.

For 48 hours after the surgery, please do **not**:

- drive any vehicle, including a bicycle
- operate any machinery
- attempt to cook, use sharp utensils or pour hot or boiling liquids
- drink alcohol
- smoke
- take sleeping tablets
- make any important decisions or sign any contracts.

What if there are any problems?

Your eye will feel sensitive and may be uncomfortable after the operation. If you are in serious pain at any time, your vision gets worse than it was on the day after the surgery, or the discomfort continues for more than three days, please seek medical advice from your GP or your nearest Eye Casualty. There is one at St Thomas' Hospital (see contact details in the box below).

Useful sources of information

Royal National Institute of the Blind (RNIB) is a charity offering information on many different eye conditions. RNIB can also provide information in large print format or on audiotape.

t: 0845 766 9999 **e:** helpline@rnib.org.uk

w: www.rnib.org.uk

Contact us

If you have any questions or concerns, please contact the nurses in the eye day care unit at St Thomas' hospital on 020 7188 6564

- Monday to Friday 7.30am to 6pm
- Saturdays 9am – 12pm.

Outside these hours, please contact the eye doctor on call via the main switchboard on 020 7188 7188.

Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Direct

Offers health information and advice from specially trained nurses over the phone 24 hours a day.

t: 0845 4647 **w:** www.nhsdirect.nhs.uk

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk

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