

If you have any concerns or further questions when you are at home, please contact your:

G.P

Or

**Eye Clinic (OPD)
08.00–17.00 hours Mon – Fri
(01) 4096349 CHI at Crumlin**

Or

Local Emergency Department

Additional instructions



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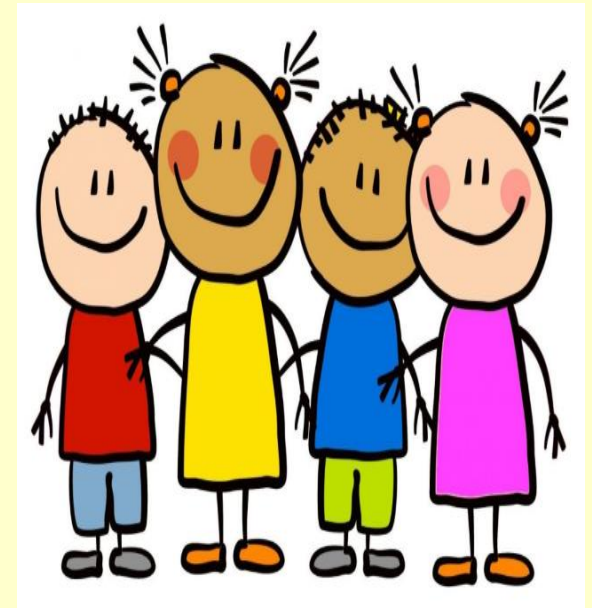
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Children’s Health Ireland at Crumlin

**Information for parents/
guardians of a Child following
Cataract Surgery**



Ward / Department: _____

Ward phone (01) 409 _____

Tel: (01) 4096100 (main switch)

This information leaflet will advise you on how to care for your child after cataract surgery.

Eye Care

- Initially the white of the eye(s) will appear bloodshot and some blood may be seen in tears or on the eyelashes for several days. This is normal after this surgery. Use a clean facecloth and cooled boiled water to gently soften any crusts on the eyelashes and clean away any discharge.
- Insert eye drops as prescribed.
- To reduce the risk of eye infection be especially vigilant about handwashing before and after giving eye care.
- Encourage your child not to rub their eye(s) and to keep their hair out of their eyes. Take care during hair washing/showering to avoid shampoo and soap from entering eyes.
- A hard plastic shield must be worn over the operated eye by day as advised by the consultant and at night for 3-4 weeks. The shield should be secured with tape without obstructing your child sight. The shield can be washed daily in hot soapy water and dried (do not sterilise it)



Eating and Drinking

- Nausea and vomiting can be a common side effect of cataract surgery. Your child will usually receive anti-sickness medicine during surgery.
- As soon as your child is awake you may offer them fluids first, followed by a light diet.
- As long as your child is drinking, there is no need for concern if your child does not feel like eating much initially.

Pain Relief

- Your child may experience some pain or discomfort after this surgery.
- Your nurse will give you a pain relief leaflet explaining the times your child is next due pain medication. Distracting your child with DVD's, games or TV may also help take their mind off any pain or discomfort.



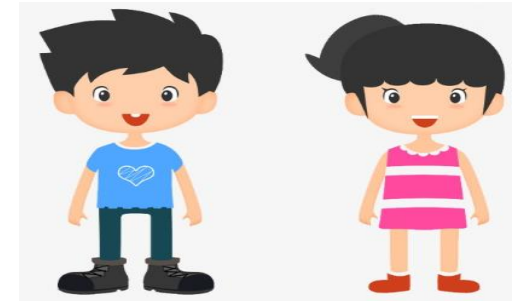
Play and Activity

- Your child should rest for the remainder of the day and should avoid swimming or contact sports until your follow-up visit.
- Your child may require up to a week to recover before they return to school/ creche.

Reasons to seek Medical Advice

If your child complains of any of the following, it is vital that you seek urgent **medical attention**:

- Severe pain which is not relieved by pain medication
- Swelling of the eye
- Visual loss
- Green discharge from the eye



Follow- up

Your child will be seen in the Eye Clinic as advised by your consultant.

At this visit, your doctor will make sure there is no infection and answer any queries you may have.

