

## Patient information factsheet

# Having an eye operation under sedation (morning operation)

We have given you this factsheet because your doctor has recommended that you have an eye operation under sedation (medicine that makes you feel sleepy and relaxes you). It explains how to prepare for your operation and what to expect on the day. We hope it helps to answer some of your questions. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

Please read this factsheet alongside the separate procedure factsheet we have given you.

### Your operation details

<b>Name</b>	
<b>Date of your operation</b>	
<b>Location and time</b>	Please arrive at the eye short stay unit (ESSU) on C level at 7.30am.

If you are **unable** to attend your operation on this date, contact the ESSU admissions team as soon as possible on telephone:  
\_\_\_\_\_ (Monday to Friday, 8am to 5pm).

### Before your operation

#### Pre-assessment

You must be medically fit for your operation to go ahead. The nursing team will ring you approximately 48 hours before your operation to confirm your attendance and ask you if there have been any changes to your health since your pre-assessment appointment.

## Getting to and from hospital

Arrange for someone to take you to and collect you from the hospital. You will not be able to drive yourself home after your operation.

## On the day of your operation

### Eating and drinking

Do not eat anything after **2am** on the morning of your operation. You may drink one glass of clear, still (not fizzy) water every hour up until your operation.

### Medication

Take all your normal medications as usual unless we have advised you otherwise. Please also bring all your medications into hospital with you in their original packaging.

### Clothing

You will be able to wear your own clothes during the operation. Please wear loose, comfortable clothes.

### Personal hygiene

You should have a bath or shower either the morning of your operation or the evening before. This will help to reduce your risk of infection after the operation.

Do not wear nail varnish, make up or jewellery, as these items can interfere with the electrical equipment during your operation. If you wear a wedding ring, you can keep this on, but we will cover it with tape during the operation.

### Personal belongings

Leave all valuables at home. There are no storage facilities for any valuables at the hospital.

## **Sedation**

The sedative we give you during your operation may temporarily affect your physical and mental capabilities. For your own safety and the safety of others, you must:

- have a responsible adult stay with you overnight after your operation
- not drive any type of motor vehicle or ride any type of bicycle for at least 24 hours after your operation

## **When you arrive for your operation**

Please ensure you arrive on time for your operation (see page 1 for more details). You should expect to be in hospital for four to six hours in total. We will update you about any expected delays. We thank you for your patience and understanding.

Due to limited space on the ESSU, relatives and friends will be unable to wait with you. If your relative or friend would like to stay and wait in the hospital, there are several coffee shops and other waiting areas available.

Before your operation, you will have a meeting with a nurse, doctor and an anaesthetist (a doctor specialising in anaesthesia). They will explain what will happen during the operation and answer any questions you may have. If you are happy to go ahead with the operation, we will ask you to sign a consent form.

## **After your operation**

After your operation, we will take you to a recovery area and then transfer you back to the ward and give you something to eat and drink. We will check your observations and monitor you to make sure you are well before going home. How long you will need to stay on the ward will depend on your individual circumstances. We will advise you when it is safe for you to go home.

# Patient information factsheet

Before you leave the hospital, we will give you:

- an aftercare advice leaflet
- follow-up advice
- eye drops or ointment (if needed) and explain how to use these as per your prescription

## Contact us

If you have any questions or concerns, please contact us.

Eye short stay unit (ESSU)

Telephone: **023 8120 8600** (24-hour line)

The eye unit is located next to the emergency department at Southampton General Hospital. If you come through the main entrance, follow the signs to the eye unit. The main eye reception is on B level. The ESSU is one floor above on C level.

## Useful links

[www.rcoa.ac.uk/patients/patient-information-resources/patient-information-leaflets-video-resources/sedation-explained](http://www.rcoa.ac.uk/patients/patient-information-resources/patient-information-leaflets-video-resources/sedation-explained)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**