



**Ophthalmic Department**  
**Colchester Eye Centre**  
**Colchester Primary Care Centre**  
Tel: 07780 005814  
Monday to Friday, 9 am–5 pm



**East Suffolk and  
North Essex**  
NHS Foundation Trust

# Advice for removal of eye dressing

## On the night of your operation

As the local anaesthetic wears off it is normal for the eye to feel sore or to have a gritty, prickly itchy sensation. If you experience any discomfort or pain take a simple pain relief medication, such as paracetamol, but avoid aspirin. If the pain or a headache persists for more than two hours after taking pain relief, seek medical advice.

## On the morning after the operation

- Before and after touching your eye, please wash your hands.
- Please remove your dressing in the morning.
- Clean your eyelids using cooled, boiled water.
- Use cotton wool ball or make-up remover pad.
- Close your eyes and gently clean across the lids from the nose outwards.
- Wipe across one way only.
- Use cotton wool ball once only – use a clean cotton wool ball for each wipe across the eyelid.
- Shake the bottle of eye drops before each drop.
- Instil your drops as instructed and continue all other eye drops, especially glaucoma (eye pressure) drops, unless otherwise directed.
- After this only clean your eye if it feels sticky.

Some blurred vision can be expected for a few weeks and the white of your eye could be bloodshot.



If you experience any pain or worsening of your vision you may need to be seen immediately.

## For advice

Monday to Friday, 9 am–5 pm, please telephone **07780 005814**.

**Out of hours** – Weekdays 5 pm–7 pm and weekends and bank holidays, 11 am–4 pm, please telephone **01206 286882**, or contact your GP, or go to a walk-in centre or the nearest accident and emergency department.

Please ask if you need this leaflet in an alternative format.

Issued by:  
East Suffolk and North Essex NHS Foundation Trust  
Colchester Hospital, Turner Road, Colchester CO4 5JL  
[www.esneft.nhs.uk](http://www.esneft.nhs.uk)



Issue 6: November 2021 Review date: October 2024  
© East Suffolk and North Essex NHS Foundation Trust, 2018-2021.  
All rights reserved. Not to be reproduced in whole, or in part,  
without the permission of the copyright owner.