



Patient information: ocular oncology service

Going home after a conjunctival biopsy

You will have received this leaflet following your recent surgery to the surface of the eye. The following information is designed to answer any questions that you might have after undergoing this treatment. You will be sent home with your eye covered with a patch. Keep the patch in place until the morning after your surgery. You may have been given a hard plastic shield to wear at night to protect the eye.

What to expect after surgery:

Your eye may be red and inflamed for a few days after the operation. This is normal and should settle. If your eye is painful, take some paracetamol to relieve this.

You may feel slightly tired for a couple of days after your surgery. We recommend that you take it easy for the next 24-48 hours. Avoid lifting anything heavy or doing anything strenuous for a few days after the operation.

Your eye may be sensitive to light and you may want to wear sunglasses to feel more comfortable. Avoid rubbing the eye during this period to prevent the risk of infection.

Eye drops

The drops are used to prevent infection and reduce inflammation after surgery. You will be taught how to use them before you leave the ward.

Please instil the eye drops as instructed. If you run out of drops, please contact your GP. If you are having difficulty using the drops, you may be able to get an eye drop compliance aid from the pharmacy or chemist to help. It may also be possible to arrange for district nurses to come in and assist you - please contact your GP for this. You will be seen in clinic or have a telephone appointment approximately four to six weeks following discharge.

Cleaning your eye

In the first week following surgery, you may find that your eye feels quite sticky, particularly in the morning when you remove the eye shield.

Gently clean your eye with some saline or cool boiled water and gauze/swabs. Saline can be made up as follows at home: Boil one cup of water with a pinch of salt, let it cool down before



cleaning. You will need to make fresh saline each time.

Saline water and swabs are also available to purchase from your local chemist.

Wash your hands and using some moistened swabs, gently wipe along the lashes, from your nose outwards. It is important that you use a clean piece of gauze/swab each time you wipe.

If you need to change or reschedule your follow-up appointment

Please call **020 7566 2357** and choose option 3 for oncology.

For non-medical queries, please contact our ocular oncology medical secretaries

- Pamela Jackson : **020 7253 3411 ext 4872**
- Angela Edgar : **020 7253 3411 ext 2267**

If you have any medical concerns, please contact the ward or the ocular oncology clinical nurse specialists (CNS).

Please note that they may be in clinic at the time and so will respond to your query when they can.

- Sinead Hanrahan: **07711 765 371 (Monday-Thursday)**
- Nana Gyasi-Twum: **07885 447 138 (Tuesday, Thursday, Friday)**

Nurse counsellors

If you are finding it difficult to come to terms with your diagnosis and the

treatment that you require, you may find it helpful to speak to one of our nurse counsellors based at Moorfields City Road. Counselling provides an opportunity to talk things through, allowing you the time to explore your thoughts and feelings and to make sense of the way you feel. The counsellors are based in City Road and are able to offer confidential, face-to-face counselling to all adult patients over the age of 18yrs. The service is available Monday to Friday 9-5pm.

Contact details:

Email:moorfields.referralscounselling@nhs.net

Phone: 020 7566 2385.

You may need to leave a voicemail but please do not worry as this line is confidential. It is helpful to keep the message short and clear, including your contact details.

Your clinician can also refer you to the counselling service. If we are not able to help, we will be able to talk things through with you or point you in the direction of alternative support.

Eye clinic liaison officers (ECLOs) -

Eye clinic liaison officers (ECLOs) are available at Moorfields Eye Hospital in City Road to assist those living with sight loss. This includes patients, their relatives and carers. For more information about ECLO services at City Road, please ask a member of staff for an information leaflet, these are also available at the health hub, located at the main entrance of the hospital.



