



# Your Eye Surgery



Changi  
General Hospital  
SingHealth

# Reporting Venue

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Kindly report to:

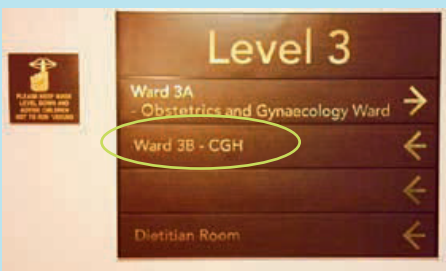


☐ Day Surgery, Changi General Hospital (CGH) Main Building, Level 3, Lift Lobby A

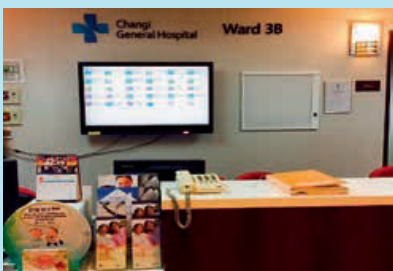


☐ Parkway East Hospital (please refer to attached map)

# Parkway East Hospital (PEH)



Kindly report to Level 3, Ward 3B of Parkway East Hospital

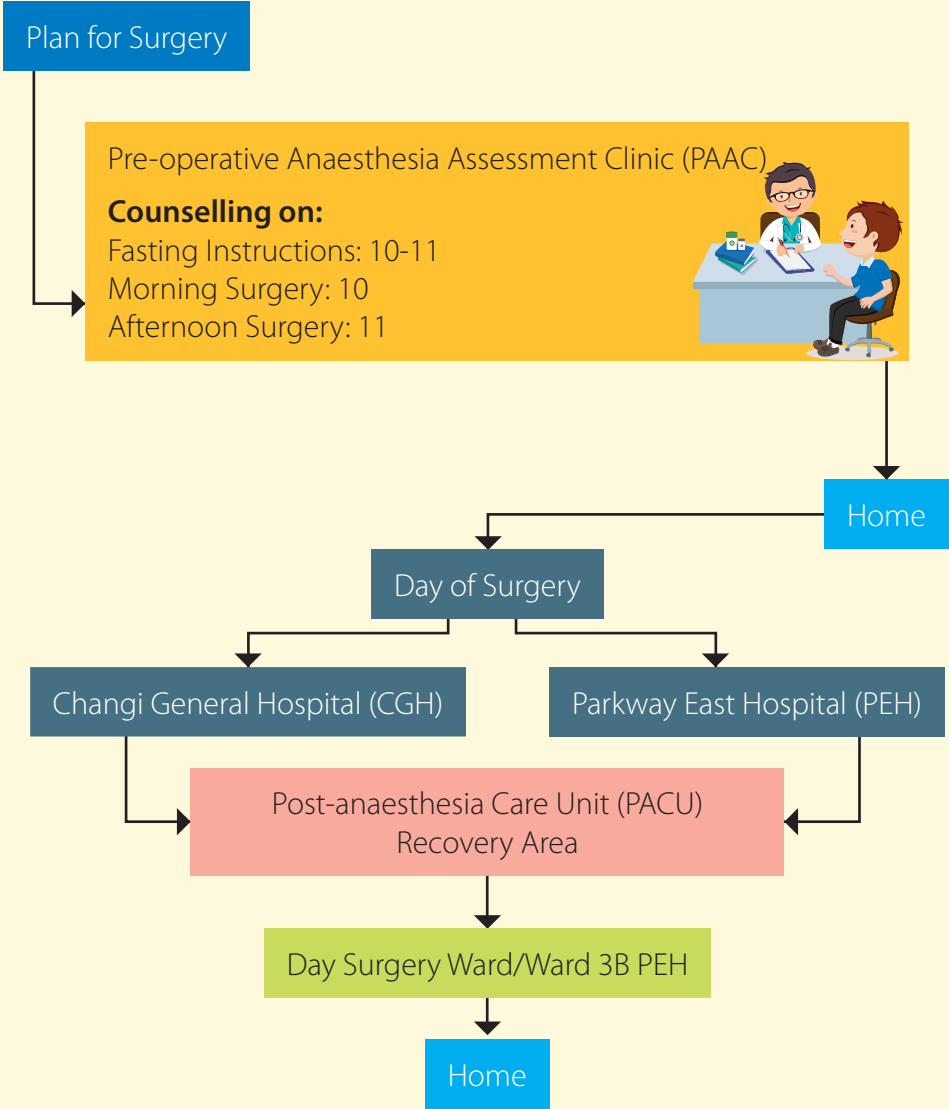


Proceed to the nurse station for registration.

# Table of Contents

Surgical Journey	3
Parkway East Hospital Ward	4
Directory Map of PEH	4
Common Do's and Don'ts	5-6
Eye Care	7-8
Fasting Instructions	10-11
Precautionary Measures	12
Emergency Contact	12
Stop Before Your Operation and Stay Smoke Free After	12
Important Reminders	13

# Surgical Journey



# Parkway East Hospital Ward

After the operation, you will be closely monitored in the ward until you are stable for discharge.

## Directory Map of PEH Where is CGH Ward 3B?

CGH Ward 3B is located on level 3 of Parkway East Hospital. Located in the heart of Telok Kurau Estate, it is approximately 15 minutes drive or cab ride from CGH.



### Address:

Parkway East Hospital  
321 Joo Chiat Place, Level 3, Singapore 427990  
Tel: 6342 5710



### Nearest Train Station:

Eunos MRT



### Bus Services:

15, 33, 155



### Visiting Hours:

Monday - Friday	Weekends and Public Holiday
12pm to 2pm	12pm to 9pm
5pm to 9pm	

## Common Do's and Don'ts

### DO'S



Perform hand hygiene before and after eye drops instillation.



Take all prescribed medicines and apply eye drops as instructed.



Sit on a chair to wash your hair with your head tilted slightly backwards like when you are at a hair salon.



Wear sunglasses or eye shield when being outdoors for the first two weeks.



Keep fingernails short and clean.

### DON'TS



Do not use cotton bud or towel to clean around the eye area. The friction may cause eye irritation.



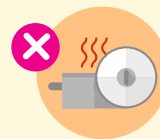
Do not touch the inside of your eyes or rub/press your eyes for the first four weeks.



Do not participate in strenuous physical activity (e. g. swimming, jogging, tai chi) **for the first four weeks.**



Do not get water/soap/shampoo in contact with your eyes when washing face and hair for the **first two weeks.**



Do not do heavy cooking such as deep frying for the **first two weeks.**



Do not bend over to put on your shoes, lift or carry heavy objects for the first four weeks. Bending your head downward and lifting heavy objects exert pressure on the eye.



Do not drive for at least 2-4 weeks after operation or until your vision is clear.



Do not go travelling or visit crowded and smoky areas for the **first two weeks** as advised by your surgeon.

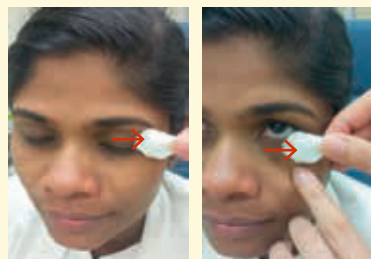
## EYE CARE

### Eye lid cleaning after eye surgery

Remove the eye shield when you wake up in the morning, and clean the operated eye 1-2 times daily for 2 weeks post-surgery.

#### For cleaning of your operated eye, you need

1. Sterile cotton ball pack
2. Normal saline 0.9% solution (20mls)
3. Desk mirror if possible



**Do not** apply pressure on the operated eye when cleaning the eyelids.

**Do not** attempt to use force to remove the dried crust around the eyelids, place a moistened swab on the closed eyelid for 1 or 2 minutes. This helps to soften the crust and makes it easy to clean.



### CLEANING STEPS

1. Wash your hands with soap and water.
2. Dry your hands completely.
3. Moisten some clean cotton balls with the normal saline 0.9% (ensure that the saline is not dripping from the cotton balls).
4. Close the operated eye.
5. Gently clean the eyelids with the wet swabs from inner to outer corner of the eye.
6. To look upwards when wiping along the lower eyelashes, start from corner nearest to the nose.
7. Use each swab once only to prevent contamination.
8. N/Saline 0.9% to be used once only; balance to be thrown away.
9. Clean the plastic eye shield with soap and water, rinse well and dry it completely before each use. Wear the shield during bed time for 2-3 weeks after surgery.
10. Instil eye drops as instructed by doctor.



### Eye Drops

You may be asked to apply eye drops for 1-2 days prior to the surgery.

Commonly used eye drops are:



### Follow up Appointment

- ➡ After surgery, you will have to come back the next day for doctor's review.
- ➡ The timing of subsequent reviews varies from a week to three months later.

## Fasting Instructions

### If your eye surgery is scheduled to be IN THE MORNING

- ➔ For cases under sedation or regional anaesthesia, **NO food/chewing gum/sweets** should be taken after 12 midnight before the day of surgery.
- ➔ You may drink a maximum of 200ml of non-carbonated clear fluid up to 6am.



(Paste fasting form here)

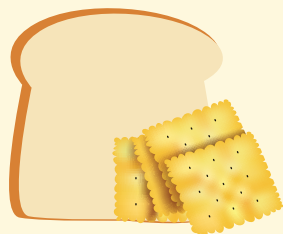
- ➔ 手术前一天晚上12点过后不可以吃东西/口香糖/糖果，还可以喝水到早上6点。
- ➔ 早上6点前，只允许喝大约200毫升的白开水。6点过后禁止任何食物及饮料。





## If your eye surgery is scheduled to be IN THE AFTERNOON

- ➔ **Light breakfast** (e.g. a slice of plain bread/3 pieces of plain biscuits, with non-carbonated clear fluid e.g. honey water) before **6am** on the day of surgery. **NO** food/chewing gum/sweets after **6am**, except non-carbonated clear fluid up to **10am**.
- ➔ You may drink a maximum of **200ml** of non-carbonated clear fluid up to **10am**.



- ➔ 手术当天早上6 点之前， 只允许吃清淡的早餐 例如一片白面包或三片苏打饼干配没有含碳酸气的饮料例如蜂蜜水。面包或饼干不可涂上任何添加物例如：牛油或花生酱。
- ➔ 早上6点至10点：只允许喝少量清水(总量不可超过200毫升)，但不可饮食。10点过后禁止任何食物及饮料。



From 6am - 10am,  
maximum 200ml of  
non-carbonated clear fluid



Before 6am



## Precautionary Measures

### Signs of infection

- ➔ Increasing pain and redness of the eye
- ➔ Eye swelling
- ➔ Sudden blurring of vision or floaters
- ➔ Yellow discharge
- ➔ Fever



*\* If you notice any of these signs, you should see your eye doctor immediately.*

## Emergency Contact

- ➔ If you are feeling unwell after office hours you may seek treatment from your General Practitioner (GP) or the Accident and Emergency (A&E) department.

## Stop Before Your Operation and Stay Smoke Free After

Smokers undergoing surgery are more likely to suffer:

- ➔ More pain
- ➔ Heart attacks and strokes
- ➔ Breathing problem
- ➔ Infection
- ➔ Poor wound healing



If you **stop** before surgery for:

**6-8 weeks** : Reduced risk of postoperative complications

**4 weeks** : Reduced risk of breathing problems, wound related complications

**24 hours** : Oxygen carrying capacity of blood returns to near normal.

## How Can You Get Help?

- ➔ Speak to your doctor or nurse, or call 6850 3333 to book an appointment for Smoking Cessation Clinic in CGH.
- ➔ Call 'Quit Smoking' hotline: 1800 438 2000
- ➔ Visit HPB website: [www.hpb.gov.sg/iqit](http://www.hpb.gov.sg/iqit)



## Important Reminders

- ➔ Follow the fasting and medication instructions, as advised by the anaesthetist/nurse during your PAAC visit.
- ➔ Bring all your inhalers on the day of surgery.
- ➔ Do have a shower and do not apply lotions, creams or make-up, hair oil/gel on the day of surgery. These may cause skin irritation while under anaesthesia.
- ➔ For your safety, please remove all jewellery, piercing, nail polish and contact lenses.
- ➔ Please call CGH Appointment Centre at 6850 3333 if you need to cancel or change the date of operation e.g. if you have flu or upper respiratory infection, fever, sore eye or diarrhoea.

**Kindly purchase your prescribed eye drops from any of the pharmacies below.**

### Main Building, Level 1



Pharmacy A: opposite A&E department



Pharmacy B: near lift lobby C

### Medical Centre, Level 1



Pharmacy @ MC: near lift lobby F





Singapore  
General Hospital



Changi  
General Hospital



Sengkang  
General Hospital



KK Women's and  
Children's Hospital



National Cancer  
Centre Singapore



National Dental  
Centre Singapore



National Heart  
Centre Singapore



National  
Neuroscience Institute



Singapore National  
Eye Centre



SingHealth  
Community Hospitals



Polyclinics  
SingHealth

**PATIENTS. AT THE HEART OF ALL WE DO.®**

2 Simei Street 3 Singapore 529889  
Tel: 6788 8833 Fax: 6788 0933  
Reg No 198904226R

### **CGH Appointment Centre**

For appointments and enquiries,  
please call: (65) 6850 3333

Operating hours:  
8.30 am to 8.00 pm (Monday to Friday)  
8.30 am to 12.30 pm (Saturday & Sunday)  
Closed on Public Holidays

For more information, please visit [www.cgh.com.sg](http://www.cgh.com.sg)

