



# SEL SHARED CARE CATARACT PATHWAY

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## **Training and Accreditation**

Community optometrists must complete the following

### **WOPEC Cataract Module**

**Training event online** - Topics to include:

Anatomy of the eye with emphasis on lens structure

Cataract types

How cataracts affect quality of life

Ocular co-pathology affecting vision

Cataract surgery

Ocular risk factors affecting cataract surgery

Medical risk factors affecting surgery

CL, LASIK and corneal surgery

Biometry

Lens types, selection, refractive target and anisometropia

What to look for in the post-operative period

Which patients are particularly vulnerable in the post-op period

How to deal with complications

Timing of second eye surgery

Patient information

Consenting process

## Post-op cataract pathway

Following surgery, the patient will leave with

1. Discharge letter including post op medication details and reference number (appendix 4)
2. Booking guidance and information for post-operative appointment in the community (appendix 5)

**All patients without complications at surgery will attend an accredited optometrist for a post-operative assessment at 4-6 weeks post-op.**

If there are any complications during surgery the patient will be examined in a hospital outpatient clinic, the timing and number of visits will be determined by the surgeon. Patients with ocular co-morbidity may also require a hospital follow-up at an appropriate time interval.

An accredited optometrist will then undertake a post-operative assessment. This will include

History and symptoms

Refraction

Document vision and visual acuity

Assess for any post-operative complications (appendix 1)

**Record patient satisfaction**

**Fundus examination -dilation where indicated**

Assess the fellow eye for surgery

If eligible to proceed with 2<sup>nd</sup> eye cataract referral

Discuss refractive outcome of 2<sup>nd</sup> eye surgery

Discuss risks and benefits of surgery

Following the assessment, the three possible outcomes are:

Discharge

Refer back to HES for 2<sup>nd</sup> eye cataract surgery

Refer back to HES (where operation was performed) in the event of a post-operative complication

## Clinical guidelines for post-op assessment (4-6 weeks post-op)

### History and Symptoms

Any significant vision related symptoms: quality of vision (improved, unchanged, worse), diplopia, distortion, photophobia, flashes, floaters, negative or positive dysphotopsia etc.

Other symptoms e.g., ocular discomfort

Compliance with drops

### Refraction

Unaided acuities, including near if myopic outcome requested

Subjective refraction and BCVA (Distance and Near)

Please complete for **both eyes**

### IOP

### Slit Lamp examination

Degree of redness Wound

Corneal clarity/edema Degree

iritis/AC activity Pupil/Iris

abnormalities IOL Position

Significant posterior capsule opacity

Dilated fundoscopy

**NB Dilation is required if indicated**

**\*Grading for anterior chamber cells/flare:** Use 1x1mm slit beam (SUN grading)

<b>Cells</b>  (Differentiate between cells and pigment)	Grade 0 (no cells) Grade 0.5+ (1 to 5)	No action required
	Grade 1+ (6 to 15 cells) Grade 2+ (16 to 25 cells)	Refer to cataract service soon
	Grade 3+ (26 to 50 cells) Grade 4+ (> 50 cells)	Urgent/Emergency referral Note severe post op inflammation is endophthalmitis until
<b>Flare</b>  (Can be difficult to grade clinically)	Grade 0 (none) Grade 1+ (faint) Grade 2+ (moderate, iris and lens details clear) Grade 3+ (marked, iris and lens details hazy) Grade 4+ (intense, fibrin or plastic aqueous)	Emergency referral if grade $\geq 3+$  Otherwise manage on the basis of AC cells

## Record keeping

Practice patient record

Open eyes portal or Medisoft (appendix 2)

Pharm outcomes post op cataract form (appendix 3)

## To refer for 2<sup>nd</sup> eye surgery

All referrals for 2<sup>nd</sup> eye surgery will be actioned once completed on Openeyes or Medisoft

### Assessment for 2<sup>nd</sup> eye surgery

- Assess the fellow eye and confirm presence or absence of eligibility and suitability for surgery in the fellow eye (as decided by original hospital visit)
- If patients are deemed eligible for 2<sup>nd</sup> eye surgery, ensure the patient's symptoms are documented and that they want 2<sup>nd</sup> eye surgery
- Discuss the desired refractive outcome for the 2<sup>nd</sup> eye
- Ensure the patient still understands the risks and benefits of cataract surgery

## To refer back to the Hospital Eye Clinic

Patients with 'Emergency' or 'Urgent' post-operative complications should be referred back to the hospital they were operated at.

### Guys and St Thomas'

The access team for clinic appointments and surgical dates **02071888871**

The eye casualty team for urgent advice/ medical assessment **020718884336**

### Kings College Hospital

**KRES 0203 299 3878**

Nurses Station 02032992113

Emergency Service 02032993542

### Queen Mary Hospital 0203 961 3436

Nurses Station 02039613444

Rapid Access unit 02039613443

## Referral timeframes for clinical emergencies

Routine: 1-3 months as appropriate – via ERS or GOS18

Soon: 1-4 weeks as appropriate – via access team

Urgent: 24-48hrs – via eye casualty team

Emergency referral: same day – eye casualty team

Out-of-hours referrals requiring immediate hospital eye care are managed by the on-call

Ophthalmology team at the hospital that px was operated at.

Emergency	Urgent	Soon	Routine
Suspected endophthalmitis	Wound closure problems (refer via RAC pathway)	Cystoid macular oedema	IOP 24-29mmHg – Refer to NICE guidelines for management
Severe uveitis	IOP 30-35mmHg (ring eye casualty team for advice)	Corneal oedema-moderate to severe	Significant symptomatic PCO
Shallow anterior chamber (wound leak, serous/hemorrhagic choroidal effusion, pupil block)	Marked iritis** (ring eye casualty team for advice)	Descemet's membrane folds	Refractive surprise >1 diopter spherical equivalent
Iris prolapse to wound/wound closure issues	Peaked pupil	Unexpected IOL displacement	Refractive surprise <1 diopter spherical equivalent where patient unhappy with outcome
IOP >=35mmHg		Persistent mild/moderate iritis**	Suspected glaucoma
Retinal detachment/retinal tear		Severe Diabetic retinopathy	Anterior capsular phimosis which affects VA/VF and patient has subjective concerns re the above.
		Drop allergy	Chronic post-operative ptosis (with superior VF defect or cosmetically unacceptable)
		Capsular block syndrome (in absence of pupil block/high IOP)	Moderate/severe non-proliferative diabetic retinopathy (routine referral to MR)
		Proliferative diabetic retinopathy within 2 weeks (with or without DMO)	Patient unhappy with outcome
		DMO (without proliferative disease) within 4 weeks	

## **Appendix 1- POST-OPERATIVE COMPLICATIONS**

requiring referral to hospital with suggested referral timeframes

### **Endophthalmitis**

**Refer: Emergency**

Infection inside the globe.

Presents as painful, red eye with poor vision. Severe iritis usually with hypopyon.

Opaque vitreous with poor view of fundus

### **Marked iritis**

**Refer: Emergency/Urgent**

Uncomfortable and slight blurring of vision

Ciliary injection, marked cells and flare

Sometimes a problem as tapering drops Can be start of endophthalmitis

### **Significant Wound Closure Problems**

**Refer: Emergency**

May be asymptomatic.

Wound edges may not seal together which presents as a wound gape, a wound plugged with prolapsed iris tissue, or may be Seidel test +ve.

If severe leakage from eye, IOP will be low and AC shallow.

### **Retinal detachment and retinal tear**

**Refer: Emergency**

Presents as flashes and floaters, and possibly visual field loss or reduction in acuity (if retina detached).

Maybe a PVD, but need referring if shortly after cataract surgery

Higher risk in high myopes, and those with serious operative complications.

### **Corneal oedema**

**Refer: Soon**

Presents as blurred vision and corneal opacity with sometimes visibly increased corneal thickness and Descemet's membrane folds. Mild corneal oedema is common in first few weeks following surgery. Usually resolves over time.

Must ensure not caused by raised IOP.

Rarely does not recover and requires corneal graft.

### **Drop allergy**

**Refer: Soon**

Presents as sore, itchy red eye +/- skin rash on lids

### **IOL displacement**

**Refer: Soon**

Presents as reduced vision, increased astigmatism and monocular diplopia.

IOL may be partially or completely displaced from central position across the pupil (up/down or occasionally forwards/backwards). May see part of the IOL in front of pupil/iris, or iris trapped behind part of IOL. Pupil may be distorted.

More obvious with dilated pupil

### **Cystoid macular oedema**

**Refer: Soon**

Presents as blurred vision, usually delayed onset after surgery.

VA reduced, may be Amsler distortion, and swelling or cysts visible at macula. More common in diabetics, even if no retinopathy. Refer 1-4 weeks depending on severity

Deteriorating diabetic retinopathy Refer: Soon  
 Diabetic retinopathy can sometimes deteriorate rapidly after surgery, even to the point of frank maculopathy or new vessels requiring laser treatment.

**Posterior capsular opacification**

**Refer: Routine**

The commonest complication, causes reduction in vision and loss of transparency behind the IOL. Usually occurs after several months – years, but occasionally occurs early. Can be treated with simple laser therapy if significant symptoms and opacity.

**All patients being discharged from care should be warned of the possibility of this complication**

**Refractive Surprise**

**Refer: Soon/Routine**

Patient's refraction does not match the predicted outcome, or there is significant unplanned anisometropia. Anisometropia in between surgery for first and second eye is common.

**Also refer:**

Painful eyes

Persistent red eye

Unexplained reduced visual acuity (i.e., if not known AMD, amblyopia, or other such disorder limiting vision in predicted manner)

Diplopia

Other complications or unexpected findings

Any patient unhappy with vision/care/outcome

*These guidelines have been designed and agreed by senior clinical teams.*

## Appendix 2 - OPEN EYES PORTAL

The link below will take you to the portal for entering the patient data for the hospital database

<https://oegateway.org.uk>

The screenshot shows the OpenEyes Portal interface in a web browser. The browser address bar shows 'oegateway.org.uk/#/'. The page title is 'OpenEyes Portal'. The interface includes several input fields for patient information:

- Optometrist:** Fields for 'GOC Number', 'Name', and 'Address'.
- Patient:** Fields for 'Patient Reference', 'Date of Birth', and 'Date of Examination' (with a 'Set Today' button).

The main content area is divided into two columns: 'Right' and 'Left'. Each column contains the following fields:

- Visual Acuity:** A dropdown menu for 'Snellen Metre' (set to '-'), a dropdown for 'Unaided', and a '+' button.
- Near Visual Acuity:** A dropdown menu for 'Reduced Snellen' (set to '-'), a dropdown for 'Unaided', and a '+' button.
- Refraction:** Three input fields for 'Sphere', 'Cylinder', and 'Axis'.
- Intraocular pressure:** An input field for 'mm Hg' and a dropdown for 'Device'.
- Complications:** An input field for 'Complication'.

At the bottom of the form, there is a section for 'Patient is ready for next surgery?' with three radio buttons: 'Ready for surgery', 'Not ready for surgery', and 'Not applicable'. To the right of this is a 'Comments' section with a text input field.

The Windows taskbar is visible at the bottom of the screenshot, showing the search bar, taskbar icons, and system tray with the date '04-12-20' and time '9:46 AM'.

### PATIENT REFERENCE

This is found in the leaflet brought by the patient (appendix 4)

In the box under comments please make a note of patient satisfaction

## MEDISOFT

This is the link for the portal <https://portal.medisoft.co.uk>, once you click on it a log in screen will open and there is a part to “Create an account”

In the TRUST section you can enter Kings College Hospital.  
This is also the way you can input Spa Medica Patients

Once an account is created you will be taken to this page

PLEASE ENTER A PATIENT'S PIN

The Patient PIN uniquely identifies the patient, and can be found on the patient's discharge letter. An assessment cannot be completed without the correct patient PIN. If the patient does not have their discharge letter, please contact the hospital Eye Secretaries for a replacement PIN.

PATIENT PIN **NC**

Cancel

VISUAL ACUITY

Not possible to measure for this patient [Help](#)

**RIGHT**

**LEFT**

DISTANCE

Correction

DISTANCE

Correction

Select or type

**+** NEAR Visual acuity

SUBJECTIVE REFRACTION

[Help](#)

Sph

Cyl

Axis

Add





Sph

Cyl

Axis

Add





PATIENT'S ASSESSMENT OF VISION

[Help](#)

CHANGE IN VISION since surgery

Select

CHANGE IN VISION since surgery

Select

OVERALL SATISFACTION Help 

SATISFACTION with quality of care Select 	SATISFACTION with quality of care Satisfied  <i>Satisfied</i> Neither satisfied nor dissatisfied Dissatisfied No 
---	--

POST-OPERATIVE COMPLICATIONS

REQUIRES REVIEW by ophthalmologist Select 	
--	--

**+** COMMENTS Help 

**Send now**   **Save and close**   **Print**   **Cancel**

## Appendix 3 - Pharmoutcome

Once in pharmoutcome go to POST-OP CATARACT (in left hand column under services)

**PharmOutcomes**® Delivering Evidence

Home Services Assessments Reports Claims Admin Help

### Post-Op Cataract

PostOpCataract

Name

If Name is not registered, click here to enter Post-Op Cataract

---

#### Consent

Consent

*If you give consent for data sharing, the information you provide will be passed to: Your GP.*

To share information to your GP following your cataract operation. If you say no to consent your information will not be shared.

Consent to share:  Yes Consent to share given  
 No Consent to share **not** given

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#### Operation Information

Where was the operation performed?

GSTT  
 King's Denmark Hill  
 QMS  
 Spa Medica Bromley

Medisoft/OpenEyes

PIN/code

What was the date of the operation?

Date

Enter as dd-mm-yyyy (eg 23-Feb-1989)

Which eye?  Right  Left

---

Additional Information

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#### Post-op Appointment Outcome

What was the outcome of the post-op appointment?

Outcome

Discharged  
 Discharged and referred for second eye  
 Referred to Rapid access due to complication  
 Referred routinely due to complications

Complication

Further details

Referral Information

Notes for GP

Save and enter another

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48 from node 20 in 0.169secs (6MB)

## Appendix 4 - Discharge letter



St Thomas's Hospital  
Westminster  
Bridge Road  
London  
SE1 7EH  
Tel: 0207188 7188

14<sup>th</sup> October 2020

To:  
Dr J Patel  
The contact does not have a  
valid address.

Dear Dr Patel,

**Re: Leila Hosseini**

**DOB: 1 Feb 1995, ID: 654321Z, NHS No.: 123 456 7**

Ms. Hosseini was discharged today following and has been prescribed the following post operative medications:

### OPHTHALMIC DIAGNOSES:

Left Cataract Extraction
--------------------------

### ALL THE EYE DROPS THAT SHOULD CURRENTLY BE USED ARE:

	Dose (unit)	Eye	Frequency	Until

**ALLERGIES:**

none

**FOLLOW-UP:**

Leila has been given an appointment for post-operative review.

**ACTION FOR GP:**

Leila has been advised of the importance of taking their post-operative medication. Could you kindly supply more of the above medications if the patient runs out of these prior to the course finish

**GENERAL INFORMATION:**

Instructions have been given that whilst it is okay to shower/ bathe, Leila should avoid getting tap water directly in the eye for at least 2 weeks following surgery. They should wear the eye shield provided for the first 24 hours and then at night for 1 week. It is normal for the eye to feel scratchy initially and it usually takes a few days for the vision to settle.

**SYMPTOMS REQUIRING URGENT REVIEW:**

Leila should seek medical advice if they experience any of the following problems:

increasing pain, not helped by simple analgesia such as paracetamol and/or ibuprofen  
a significant reduction in vision  
flashing lights or a large increase in floaters  
areas of diminished or missing vision

Should you need to contact us, the following teams can be reached using the corresponding telephone numbers:

St Thomas'

Ophthalmic nurses for matters relating to pre-assessment: **020 7188 52289**

The access team for matters relating to clinic appointment and surgical dates: **020 7188 8871**

The eye casualty team for urgent advice / medical assessment: **020 7188 84336**

Information for your local optometrist

The optometrist portal can be accessed using the following information:

<https://oegateway.org.uk>

RJ13-H84XXX-X

After you have had cataract surgery, it is usual to check the health of your eye between 4 and 6 weeks from your date of the operation. This appointment will be with an accredited optometrist working in a community optician practice.

**ONLY OPTICIAN PRACTICES LISTED BELOW ARE ABLE TO PERFORM THE CATARACT FOLLOW UP CHECK**

After your operation, please contact your preferred practice from this list as soon as possible to book your follow up appointment, asking for a 'cataract follow up check'.

**Please do not drive to the appointment as it may be necessary to dilate your pupils which may blur your vision for 4 – 5 hours.**

If the optician practice you normally use is not on the list, you still need to have the cataract follow up check at one of the opticians on the list.

**PLEASE NOTE THAT THE CATARACT FOLLOW UP CHECK APPOINTMENT IS QUITE SEPARATE FROM THE ROUTINE SIGHT TEST OR EYE EXAMINATION YOU MAY NORMALLY HAVE FOR GLASSES.**

If you need to update your glasses (after 4-6 weeks) following the operation, this can be done at the same time if you wish. Please let them know at the time of booking. If you would rather see your usual optician (not on the list) for your glasses, then you will need to book an appointment with them for a routine sight test or eye examination

**Why is my follow up check not being done in the hospital eye clinic?** Your operation was very straightforward meaning that there is no need for your follow up check to be carried out in the hospital eye clinic. This scheme ensures that you have access to the same standard of care without the need to visit the hospital.

**Why can I only have my cataract follow up check with the opticians listed?**

To ensure you receive the same standard of care as if you were seen in the eye clinic, all optometrists who are part of this scheme have undergone additional training.

**Will the cataract follow up check enable me to get new glasses?**

No. The test is designed to assess the health of your eye and the vision after the cataract operation. To get new glasses, you will need to book a normal sight test with your usual optician.

**Can I have my normal sight test at the same time as my cataract follow up check?**

Not at the moment. In the future, the scheme will be available from a wider selection of opticians, at which time it will be possible to book a sight test at the same time.

**What happens to the results from my cataract follow up check?**

The optometrist you see will send the information back to the eye clinic electronically via a secure connection and forms part of your hospital records.

Yours sincerely,  
Miss Leila Hosseini  
Administration staff

To: GP: Dr J Patel, the contact does not have a valid address.

## Appendix 5

### St Thomas' discharge letter

#### Booking guidance and information for post-operative appointment in the community

Your post-operative review following your cataract surgery will take place in the community by an optometrist. This leaflet explains how you arrange this appointment.

#### How do I make an appointment?

**Within 5 days following your operation** please telephone an optician listed on the back of this page.

Inform them you have just had cataract surgery and would like to make an appointment to be seen for your post-operative review. This appointment will be 4-6 weeks after the operation, by which time you should have finished the course of eye drops.

#### What will I be given on discharge from the hospital to make the appointment?

You will be given a discharge letter which contains details of your operation and a PIN number. The PIN number is unique to you and your hospital record and will be used by the optometrist when you have your post-operative review. **This PIN number is very important, please keep it safe.**

#### What will happen at my post-operative check up with the optometrist?

The optometrist will examine the operated eye to make sure it is settling down and healing well. They will check your vision and perform an eye test. They will then advise you whether you need glasses or not.

#### Do I need to take anything with me to my post-operative appointment?

Yes, there are **TWO** important things to take with you to your appointment:

1. The discharge letter with the unique PIN number.
2. Any existing pairs of glasses or contact lenses you have been using.

#### What if I lose my documents?

Please call the Admissions Team on **020 7188 4308** as soon as you realise the documents are missing. We will then create another discharge pack for you which you will be able to collect from us.

Please note that you need the discharge letter with the PIN number to book

your postoperative appointment.

## What will happen after my post-operative check up with the optometrist?

Following the appointment, if everything has settled down and no further treatment is required, you will be discharged. Alternatively you can be referred to have cataract surgery on your other eye. In the unlikely event there is a complication you will be referred back to hospital to be seen by a specialist.

If you have any questions about how to book your post-operative appointment, please contact us on **020 7188 4308**.

Please note that you must attend a post-operative appointment – even if your eye feels like it has settled down.

## List of accredited opticians

You can contact the most convenient for you:

Name of Practice:	Address of Practice:	Telephone Number
<b>BEXLEY</b>		
Boots, Bexleyheath	25 The Mall, Bexleyheath, DA6 7JJ	020 8301 5656
Collett Opticians	103 Main Road, Sidcup, DA14 6ND	020 8300 3222
Crayford Optical Centre	11a Crayford High Street, Crayford, DA1 4HH	01322 557700
L Dollay Optometrist	259 Bexley Road, Erith, DA8 3EX	01322 359507
Linklaters Optometrists	120 Broadway, Bexleyheath, Kent DA6 7DQ	020 8303 4014
R F Linklater	136 High Street, Welling, DA16 1TJ	020 8303 4963
S Gothelf Associates	10 Wellington Parade, Blackfen, DA15 9NB	020 8303 3935
Second Sight Opticians	81 High Street, Welling, DA16 1TY	020 8301 4586
Specsavers, Bexleyheath	116a Broadway, DA6 7DQ	020 8298 9920
Specsavers, Sidcup	53 High Street, Sidcup, Kent. DA14 6ED	020 8308 3500
<b>BROMLEY</b>		
Boots, Hayes	2 Station Approach, Hayes, BR2 7EN	020 8573 0096
Boots, West Wickham	115 Station Road, West Wickham, BR4 0PX	020 8777 2211
Day Lewis opticians	116 Main Road, Biggin Hill, TN16 3AY	01959 572535
Ellis & Edwards Opticians	254 High Street, Beckenham, BR3 1DZ	020 8658 2313
Linklater & Warren Opticians	30a High Street, Chislehurst, BR7 5AN	020 8295 5131
Maxivise Eyecare	88 High Street, Penge, SE20 7HB	020 8659 4342
Oakmead Opticians	Sunnyways, Prince Imperial Road, Chislehurst, BR7 5LX	020 8467 5139
Orpington Eyecare Centre	277 High Street, Orpington, BR6 0NW	01689 820866
Specology Eye Care Centre	Unit 9, 160-166 Main Road, Biggin Hill, TN16 3RL	01959 928001
Specsavers, Orpington	Specsavers Opticians, 169 High Street, BR6 0LW	01689 890168
<b>GREENWICH</b>		

Avery Opticians	176 Bexley Rd, SE9 2PH	020 8850 8405
Blackheath Eyecare	16 Old Dover Road, SE3 7BT	020 83051060
Collett Opticians	43 Passey Place, Eltham, SE9 5DA	020 8850 3415
Coton & Hamblin	178 Westcombe Hill, Blackheath, SE3 7DH	020 8858 1858
Coton & Hamblin	11 Wellington Street, SE18 6PQ	020 8854 1491
L Dollay Optometrist	4a Joyce Dawson Way, Thamesmead, SE28 8RA	020 8311 8711
Page & Small	213 Charlton Road, SE7 7ED	020 8293 9493

**LAMBETH**

Boots Opticians	6 Astoria Parade, SW16 1PR	020 8769 1030
Banks Optometrists	8 Acre Lane, Brixton, SW2 5SG	020 7274 4414
London Eye Care Centre	30 Knights Hill, West Norwood, SE27 0HY	020 8670 1845
Medirex Opticians	28-29 Wilcox Close, SW8 2UD	020 7622 1893
Medirex Opticians	60a Brixton Road, SW9 6BS	020 7735 5309
Monoptics	11 Stockwell Road, SW9 9AU	020 7274 6636
Opticalise Opticians	33 Lower Marsh, SE17RG	020 7633 0680
Oval Eyes Opticians	8 Clapham Road, SW9 0JG	020 7820 0936
R Woodfall Norwood	286 Norwood Road, SE27 9AF	020 8670 4100
Specsavers, Brixton	492 Brixton Road, SW9 8EQ	020 7738 5999
Specsavers, Streatham	192 Streatham High Road, Streatham SW16 1BB	020 8677 5866

**LEWISHAM**

Boots Opticians, Lewisham	72-78 Lewisham High Street, Lewisham, SE13 5JH	020 8852 3799
Crofton Park Opticians	376 Brockley Road, London, SE4 2BY	020 8692 8335
London Eye Care Centre	50 London Road, Forest Hill, SE23 3HF	020 8699 3196
R Woodfall, Sydenham	6 Sydenham Road, SE26 5QW	020 8778 4557
Sight Centre	78 Deptford High Street, SE8 4RT	020 8691 5500
Sight Centre	303 Evelyn Street, SE8 5RA	020 8691 4218
Specsavers, Catford	130-134 Rushey Green, Catford, SE6 4HQ	020 8314 2370
Specsavers, Lewisham	174 Lewisham High Street, SE13 6JL	020 8297 2777
Waldron Eyecare	Waldron Health Centre, Amersham Vale, SE14 6LD	020 8694 9793

**SOUTHWARK**

ProVision Opticians	204 Southwark Park Road, SE16 3RW	020 7237 8246
R Woodfall, Dulwich	46 Lordship Lane, SE22 8HJ	020 8299 6622
Specsavers, Peckham	Unit 3 The Aylesham Centre, Rye Lane, SE15 5EW	020 7277 7222
Specsavers, Walworth Road	226 Walworth Road, SE17 1JE	020 7277 3200

**Leaflet number:**

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## KCH Discharge letter

### Booking guidance and information for post-operative appointment in the community

Your post-operative review following your cataract surgery will take place in the community by an optometrist. This leaflet explains how you arrange this appointment.

#### How do I make an appointment?

**Within 5 days following your operation** please telephone the most convenient optician for you from the list at the end of this leaflet.

Inform them you have just had cataract surgery and would like to make an appointment to be seen for your post-operative review. This appointment will be 4-6 weeks after the operation, by which time you should have finished the course of eye drops.

#### What will I be given on discharge from the hospital to make the appointment?

You will be given a discharge letter which contains details of your operation and a PIN number. The PIN number is unique to you and your hospital record and will be used by the optometrist when you have your post-operative review. **This PIN number is very important, please keep it safe.**

#### What will happen at my post-operative check up with the optometrist?

The optometrist will examine the operated eye to make sure it is settling down and healing well. They will check your vision and perform an eye test. They will then advise you whether you need glasses or not.

#### Do I need to take anything with me to my post-operative appointment?

Yes, there are **TWO** important things to take with you to your appointment:

1. The discharge letter with the unique PIN number.
2. Any existing pairs of glasses or contact lenses you have been using.

### **What if I lose my documents?**

Please call the Admissions Team on 02032996705 or 02032996706 as soon as you realise the documents are missing. We will then create another discharge pack for you which you will be able to collect from us.

Please note that you need the discharge letter with the PIN number to book your postoperative appointment.

### **What will happen after my post-operative check up with the optometrist?**

Following the appointment, if everything has settled down and no further treatment is required, you will be discharged. Alternatively you can be referred to have cataract surgery on your other eye. In the unlikely event there is a complication you will be referred back to hospital to be seen by a specialist.

If you have any questions about how to book your post-operative appointment, please contact us on 02032996705 or 02032996706.

Please note that you must attend a post-operative appointment – even if your eye feels like it has settled down.

## List of accredited opticians

Please contact one of the practices below within 5 days of your operation to arrange your appointment between 4 and 6 weeks after your operation. The list was last updated on 18<sup>th</sup> May 2021. For practices that may have been added since please visit [www.mecs-sel.co.uk](http://www.mecs-sel.co.uk).

Name of Practice:	Address of Practice:	Telephone Number
<b>BEXLEY</b>		
Boots, Bexleyheath	25 The Mall, Bexleyheath, DA6 7JJ	020 8301 5656
Collett Opticians	103 Main Road, Sidcup, DA14 6ND	020 8300 3222
Crayford Optical Centre	11a Crayford High Street, Crayford, DA1 4HH	01322 557700
L Dollay Optometrist	259 Bexley Road, Erith, DA8 3EX	01322 359507
Linklaters Optometrists	120 Broadway, Bexleyheath, Kent DA6 7DQ	020 8303 4014
R F Linklater	136 High Street, Welling, DA16 1TJ	020 8303 4963
S Gothelf Associates	10 Wellington Parade, Blackfen, DA15 9NB	020 8303 3935
Second Sight Opticians	81 High Street, Welling, DA16 1TY	020 8301 4586
Specsavers, Bexleyheath	116a Broadway, DA6 7DQ	020 8298 9920
Specsavers, Sidcup	53 High Street, Sidcup, Kent. DA14 6ED	020 8308 3500
<b>BROMLEY</b>		
Boots, Hayes	2 Station Approach, Hayes, BR2 7EN	020 8573 0096
Boots, West Wickham	115 Station Road, West Wickham, BR4 0PX	020 8777 2211
Day Lewis opticians	116 Main Road, Biggin Hill, TN16 3AY	01959 572535
Ellis & Edwards Opticians	254 High Street, Beckenham, BR3 1DZ	020 8658 2313
Linklater & Warren Opticians	30a High Street, Chislehurst, BR7 5AN	020 8295 5131
Maxivise Eyecare	88 High Street, Penge, SE20 7HB	020 8659 4342
Oakmead Opticians	Sunnyways, Prince Imperial Road, Chislehurst, BR7 5LX	020 8467 5139
Orpington Eyecare Centre	277 High Street, Orpington, BR6 0NW	01689 820866
Specology Eye Care Centre	Unit 9, 160-166 Main Road, Biggin Hill, TN16 3RL	01959 928001
Specsavers, Orpington	Specsavers Opticians, 169 High Street, BR6 0LW	01689 890168
<b>GREENWICH</b>		
Avery Opticians	176 Bexley Rd, SE9 2PH	020 8850 8405
Blackheath Eyecare	16 Old Dover Road, SE3 7BT	020 83051060
Collett Opticians	43 Passey Place, Eltham, SE9 5DA	020 8850 3415
Coton & Hamblin	178 Westcombe Hill, Blackheath, SE3 7DH	020 8858 1858
Coton & Hamblin	11 Wellington Street, SE18 6PQ	020 8854 1491
L Dollay Optometrist	4a Joyce Dawson Way, Thamesmead, SE28 8RA	020 8311 8711
Page & Small	213 Charlton Road, SE7 7ED	020 8293 9493
<b>LAMBETH</b>		
Boots Opticians	6 Astoria Parade, SW16 1PR	020 8769 1030
Banks Optometrists	8 Acre Lane, Brixton, SW2 5SG	020 7274 4414
London Eye Care Centre	30 Knights Hill, West Norwood, SE27 0HY	020 8670 1845
Medirex Opticians	28-29 Wilcox Close, SW8 2UD	020 7622 1893
Medirex Opticians	60a Brixton Road, SW9 6BS	020 7735 5309

Monoptics	11 Stockwell Road, SW9 9AU	020 7274 6636
Opticalise Opticians	33 Lower Marsh, SE17RG	020 7633 0680
Oval Eyes Opticians	8 Clapham Road, SW9 0JG	020 7820 0936
R Woodfall Norwood	286 Norwood Road, SE27 9AF	020 8670 4100
Specsavers, Brixton	492 Brixton Road, SW9 8EQ	020 7738 5999
Specsavers, Streatham	192 Streatham High Road, Streatham SW16 1BB	020 8677 5866
<b>LEWISHAM</b>		
Boots Opticians, Lewisham	72-78 Lewisham High Street, Lewisham, SE13 5JH	020 8852 3799
Crofton Park Opticians	376 Brockley Road, London, SE4 2BY	020 8692 8335
London Eye Care Centre	50 London Road, Forest Hill, SE23 3HF	020 8699 3196
R Woodfall, Sydenham	6 Sydenham Road, SE26 5QW	020 8778 4557
Sight Centre	78 Deptford High Street, SE8 4RT	020 8691 5500
Sight Centre	303 Evelyn Street, SE8 5RA	020 8691 4218
Specsavers, Catford	130-134 Rushey Green, Catford, SE6 4HQ	020 8314 2370
Specsavers, Lewisham	174 Lewisham High Street, SE13 6JL	020 8297 2777
Waldron Eyecare	Waldron Health Centre, Amersham Vale, SE14 6LD	020 8694 9793
<b>SOUTHWARK</b>		
ProVision Opticians	204 Southwark Park Road, SE16 3RW	020 7237 8246
R Woodfall, Dulwich	46 Lordship Lane, SE22 8HJ	020 8299 6622
Specsavers, Peckham	Unit 3 The Aylesham Centre, Rye Lane, SE15 5EW	020 7277 7222
Specsavers, Walworth Road	226 Walworth Road, SE17 1JE	020 7277 3200