

Fall prevention

This brochure contains information on the risk of fallings. We will also give you some tips on how you can reduce the risk of falling.

Falling caused by poor eyesight

You have visited Oogziekenhuis Rotterdam because you have had some issues with your eyes. If your eyesight is poor, or has suddenly deteriorated, you are more likely to have a fall. After an operation, too, you are more likely to fall, because your eye will be covered by an eye pad dressing and protective eye patch. You will be less able to perceive depth. In this brochure, we will give you some tips on how to reduce the risk of falling.

Tips on how to reduce the risk of falling:

Inside your own home

- Make sure there are no power cords on the floor and you don't leave anything lying around.
- Make sure both the interior and exterior of your home are properly lit.
- Keep things you need often within easy reach.
- Don't walk on wet floors.
- Make sure you have enough room to move around. This is all the more important when you use a mobility aid, such as a stick or rollator (wheeled walker).
- Be careful when climbing stairs.

Shoes

- Wear sensible shoes with a good fit. For example, wear shoes with laces, low and sensible heels, and thin but strong soles with good grip, which give proper support at the heels.
- Don't wear worn-down shoes or loose slippers.
- Don't wear slippery socks.

Health

- Don't get up from your bed or seat too fast, in order to prevent dizziness before you start walking.
- Be careful when taking medicines or painkillers. They may cause you to feel dizzy more quickly.
- Don't drink too much alcohol. The older you are, the more susceptible you will be to the negative effects of alcohol.

More information

If you have any questions after reading this leaflet, please write them down and ask your ophthalmologist (eye doctor) or general practitioner (family doctor).