



Central
Health

Cataract Surgery



Patient Information guide

CH SUR 011

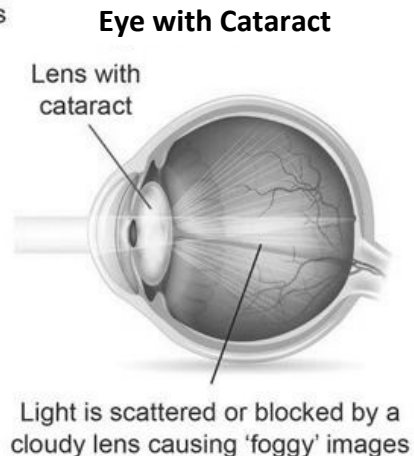
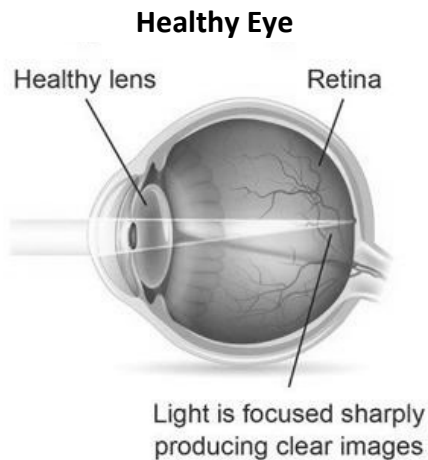
Revised February 2019

What is a Cataract?

A cataract is a clouding of the normal lens of the eye. It is not a tumor or growth of skin or tissue over the eye, but a fogging of the lens itself.

The lens is located near the front of the eye and focuses light into the back of the eye (the retina).

As the lens becomes cloudy, light cannot reach the back of the eye and vision is affected.



- Take Tylenol for pain, if necessary
- After cataract surgery, your eyeglass prescription may need to be changed. Your physician will give you an appointment for this.
- The Continuing Care Nurse will visit you for follow-up care.

Important points to remember:

Please call your eye doctor or go to the nearest Emergency Department if any of these occur:

- Sudden decrease or loss of vision
- Severe pain
- Presence of flashing lights or a sudden batch of new "floaters"

For inquiries regarding date and time of surgery, please call Admitting at 256-5547/5540/5514.

When you get home:

- Try not to lie on your surgery side the night of your operation. You should wear your plastic eye shield at night for about _____.
- You should not do any heavy lifting or heavy work around your home. Avoid bending, straining or other vigorous activity for about two weeks.
- Wear your glasses or sunglasses throughout the day to protect your eye. Do not rub your operated eye. Some redness and irritation of the eye is normal after cataract surgery. Be sure to use your eye drops as prescribed.
- You may take baths and have your hair washed, but be careful not to get water in your eye.
- If any discharge collects on your eyelids, you can wipe gently with a wet cotton ball.
- You can watch TV or read as much as is comfortable.

The most common type of cataract results from aging. The clear material of the lens becomes cloudy and hardens with age. Cataracts may also occur from an injury, certain diseases of the eye, and other conditions such as diabetes, kidney disease, and high blood pressure.

As cataracts develop, there may be hazy, fuzzy and blurred vision. The eyes may be sensitive to light and glare.

When the cataract starts to interfere with your work or your daily activities, your physician may advise you to have surgery.

Cataract Surgery:

The cataract is removed in the operating room using a microscope and very delicate instruments.

The hard center of your lens is gently removed and a plastic lens (like a tiny contact lens) is put into the eye in place of your natural lens.

Before surgery your physician or technician will take special measurements to decide which strength and size of lens is right for you. Your physician will discuss with you the type of Anaesthetic which is best for you.

Getting ready for surgery:

1. You must arrange for someone to come with you to the hospital. You will not be able to drive home after surgery.
2. Please have a bath or shower the morning of your surgery and please leave any valuables at home.
3. You will get ready for surgery in the Day Surgery Department, before going to the main operating room.
4. A staff member from the Admitting Department will give you your appointment time. The nurse will help you get ready.

5. You will be given several eye drops to help prepare your eye for surgery. The surgery takes about 30 minutes.

During and after surgery:

Your blood pressure, heart rhythm and oxygen levels will be monitored. This is routine for all patients. Your face will be covered with a sterile paper sheet to keep the area clean during surgery. Fresh air will be flowing under the sheet so you can breathe normally.

After the surgery an eye patch and a plastic shield will be applied to protect your eye. You will be taken back to Day Surgery to get ready to go home.

The Day Surgery nurse will give you an appointment to see the physician the day after the operation. **(You must leave the patch/shield on your eye until you see the physician).**