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**Cataract surgery  
with Dr Gray**

**Date of surgery:** .....

**Hospital:** .....

**Admission Time:** To be confirmed during the week prior to surgery.

**Fasting:** No food or milk after breakfast at 7:30am

**Fluids:** clear fluids (black tea, coffee & water) allowed until 11:30am.

**Diabetics:** take half dose of oral medication or insulin with breakfast.

**Do not take diuretics (fluid tablets) after 8am.**

Please complete hospital admissions forms and return to the hospital at least 1 week before surgery.

Contact the Practice Nurse on 8357 8833 for any further information.

## Follow Up Appointments

You have an appointment with Dr Gray at Kingswood Eye Centre.

**Day** ..... **Time** .....

**Day** ..... **Time** .....

**Day** ..... **Time** .....

If you require further clarification on any points in this booklet please speak to your surgeon.

## Frequently Asked Questions

### Can I keep my hearing aid in during surgery?

It will be necessary to remove a hearing aid worn on the same side as the eye having surgery. This is to ensure no water gets into the hearing aid causing permanent damage.

### When is it safe for me to drive?

This depends on a number of factors, including the vision in your other eye. We usually recommend no driving for 2 days following surgery.

### How long will I be off work?

We usually recommend 1 week off work.

### Will I be able to fly following surgery?

There are no restrictions to flying except under very rare circumstances (less than 1 in 10,000).

### Can I exercise, play sport, watch TV or read after surgery?

Yes you can, but you may find reading difficult without new glasses.

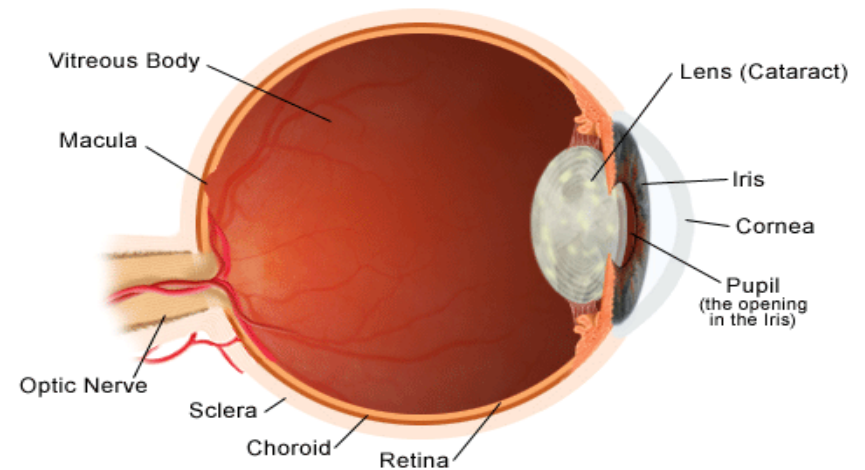
### When can I get new glasses?

5 weeks after surgery.

## What is a cataract?

A cataract is an opacity within the lens of the eye. At birth the lens is usually clear, like glass, but in cataracts it's no longer perfectly transparent. There are different types of cataracts, including nuclear, cortical and posterior subcapsular cataract. Cataracts cause blurred vision, glare and sometimes double vision. They usually progress very slowly and only need treatment if visual symptoms are troubling.

Example of a Cataract



## What is involved in cataract surgery?

Cataract surgery is performed in a hospital or day surgery unit as a day procedure. The operation is performed with the help of an anaesthetist who administers a short acting intravenous sedative, followed by a local anaesthetic around the eye. You need to lie still for around 15 minutes. Let your surgeon know if you can't lie flat. The surgery requires 3 small incisions through the cornea, the lens is removed by a process known as a phacoemulsification, which emulsifies and removes the lens by aspiration. An artificial lens is inserted in the same location that the cataractous lens used to be, that is behind the iris and pupil. This lens lasts forever. Very rarely it may need to be removed.

## Do's and Don'ts for 1 week after surgery.

### Avoid:

1. Rubbing your eye. Use the hard shield when sleeping for 1 week after surgery.
2. Swimming for 1 week.
3. Try to avoid water getting into your eye when showering for 1 week.
4. Heavy lifting.



## Eye Drops

Start the following eye drops to the operated eye the day after surgery.

**Wait 5 minutes between administering the different drops. If you miss the eye put another drop in.**

**Maxidex** 1 or 2 drops 4 times a day (e.g. breakfast, lunch, dinner and just before bed at night) for **4 weeks**. If you run out of drops there should be a repeat script, if not ring Kingswood Eye Centre.

**Chlorsig** 1 or 2 drops 4 times a day (e.g. breakfast, lunch, dinner and just before bed at night) for **1 week**.

Please note: if you use glaucoma drops continue to do so up to and including the morning of your surgery and after your surgery.

## What to expect leading up to the day of surgery?

You will be contacted either by the hospital or our practice with your admission times in the week prior to surgery. Please call our office if you have not received your admission time by the day before surgery. Usually you will need to present 1-2 hours before the time of surgery and expect to go home 3-4 hours later. You should arrange for someone to transport you to and from the hospital, as driving is not permitted for at least 24 hours after surgery. Sometimes the measurements of the eye that allow us to calculate the correctly powered intraocular lens needs to be measured a second or third time prior to surgery to ensure the optimal outcome. Some patients with a history of macular or inflammatory eye disease may be started on anti-inflammatory medications prior to surgery and should continue with these for one month after surgery.

## On the day of surgery?

Ensure you take all your usual medication in the morning. **Diabetics** should take half their usual morning oral diabetic medications and / or half their normal insulin with breakfast.

**Do not** take lunchtime diabetic medications unless otherwise advised by your endocrinologist.

**Do not** take any diuretics (fluid tablets) after 8am.

**Do not** eat food or drink milk for 6 hours prior to surgery, however water or cordial can be drunk up to 2 hours before surgery.

**Do** take all other medications as usual.

At the hospital / day surgery unit you won't need to change out of your clothes. The nursing staff, anaesthetist and Dr Gray will check several times your name and the procedure being done. The nurses will administer eye drops to dilate the pupil of the eye being operated on. The anaesthetist will administer the sedation and local anaesthetic around the eye. After this you won't feel any pain, and may not see much out of this eye for a few hours. You will be taken into the operating theatre for your surgery and will see several staff including nurses, anaesthetist and Dr Gray.

## After cataract surgery

A shield and sometimes an eye pad will be placed over the eye. Keep this on overnight unless otherwise instructed. It will be removed by the clinic staff the next day.

You will notice that your vision is blurry for a few days as the pupil remains dilated for 24 hours and there may be some swelling of the cornea. Each day the vision should improve. Your eye will feel scratchy for 1-2 days and then intermittently for 1-2 months. There may be some bruising which can be substantial at times. Usually this is related to the anaesthetic required to numb your eye and will take 2-3 weeks to improve. Your eye is likely to be slightly sore the night after the surgery but should improve with paracetamol.

**If the eye is very painful ring Dr Gray on 0412 500 961.**

**If your eye gets more painful or vision worsens later, even up to 2 weeks later ring Dr Gray or Kingswood Eye Centre immediately as this could be caused by an infection.**