

CATARACT SURGERY

Dr Andrew Lukaris MB BCh FRCOphth
Ophthalmologist and Vitreoretinal Surgeon
500-1488 4th Avenue
Prince George, BC, V2L 4Y2.
250-596-8301

You have been slated for cataract surgery. You will be called by the hospital to confirm the Date and Time assigned to your case. You will be advised when to come in prior to surgery for a pre-operative assessment.

You have an appointment for measurements for your eye at the office and/or the eye clinic at the hospital Ambulatory Care Department on: _____.

These are routine measurements used to determine the strength of implant to be used in your eye. For most patients the surgery will be done under local anaesthetic on a daycare basis.

On the day before and the day of surgery you are advised to use an antibacterial soap to clean your face and around your eyes. Your pharmacist can advise you what to use.

On arriving at the hospital daycare area, some drops will be applied to dilate your pupil to facilitate surgery. When you are taken into the operating room, further anaesthetic eye drops and gel will be applied to your eye. Immediately prior to surgery, your eye will be cleaned with an antiseptic and a drape placed over your face and body. Cold oxygen will be supplied through a tube under the drape and you will be able to breathe easily as the drape will be clear of your mouth. We prefer not to use sedatives which occasionally make patients fall asleep during the procedure – a potentially dangerous situation if you wake with a start and move inadvertently.

Once the eye has been prepared in such a way, the microscope is moved into position and you will see a bright light. The light fades after a few minutes once further anaesthetic has been applied around the eye. The surgery is then performed using a machine called a phacoemulsifier. This makes unusual noises that constantly informs the surgeon and is completely normal. Once the lens has been inserted and the surgery is completed, an eye pad and shield is taped to the eye and you will be returned to the daycare unit. Once you are medically stable, you will be discharged home (or to the

ward, if you are having in-patient surgery). You will be given a tablet prior to going home unless the nurses have been instructed otherwise. Please let them know if you are allergic to Sulfa drugs. You will be given a prescription for eye drops and an appointment to be seen either later the same day or the next day in the office.

After surgery it is normal to have some discomfort, aching or irritation in the eye. If this is severe and worsening or if the vision deteriorates, you should contact the office immediately or attend the emergency department at Prince George Regional Hospital. Normally, Tylenol extra-strength is sufficient to control pain post-surgery and can be obtained over the counter in any drug store. It is normal for the eyes to be light sensitive and a pair of sunglasses will help. Blurry vision is normal for a few days following surgery and should gradually improve. Best vision is normally obtained by 6 weeks post-op.

You will be seen regularly during the 6-week post-operative period. You will be told how much medication to use and when to discontinue the drops. Occasionally, medication may be altered or additional medications given.

- Always **wash your hands** before inserting eye drops and **don't touch** the eye or the eyelids with the bottle.
- Use a **clean tissue** to gently dab the eye as required then throw it away.
- A **clean and moist cloth** may be used to **gently** wipe the lids.
- Care must be taken to **avoid direct pressure** to the eye. To avoid rubbing the eye in your sleep, **wear the eye shield at night** for a month.
- **Do not swim** for 6 weeks post-operatively.
- **Avoid HEAVY lifting, gardening and strenuous activity.** You can slowly build your activity back to normal levels by 6 weeks. **If you have to think twice about whether it is safe to perform an activity, it probably isn't! So hold off doing it!**
- **You can shower or bathe, but don't submerge your head and keep your operated eye closed to avoid getting it wet.**