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ص ب: ٤٨٥٧٧، دبي، إ.ع.م.

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BEFORE AND AFTER THE CATARACT OPERATION



Pre-Operative Eye Examination:

- Pre-operative eye examination with eye surgeon
- Intraocular lens measurement and power calculation
- Physical exam, lab work & ECG will be done. Screening test for HIV, Hepatitis B and Hepatitis C virus will be performed in some cases
- After the complete evaluation pre anesthetic check up will be done by the anesthetist. If needed opinion from the specialist doctor from other specialty will be required.
- Surgery will be scheduled depending on the convenience of the patient and doctor.
- Informed consent explaining the risk of the operation and anesthesia will have to be signed before the operation.

Instruction before the operation:

- Instill local antibiotic eye drops four times in both eyes as advised by the doctor. Please continue your glaucoma medications as prescribed.

Remember: You only need one eye drop from each bottle (more is not harmful at a single time), in any order that you like. It doesn't matter which bottle of eye drops you use first. It is important that you wait five minutes between each eye drop, so that the medicine has a chance to be absorbed before the next drop comes along.

- If you are insulin-dependent your surgery will be scheduled usually early unless there is some emergency case in the operation theatre. Do not take your morning insulin; instead, bring your insulin to surgery for administration after surgery.
 - You must take usual morning medications, except for Insulin and other diabetic medication, prior to arrival at the surgery center. (Heart, High Blood Pressure, Chronic Pain, Seizure, or Tremors) Take with a sip of water only.
- No solid food or thick liquids or juices after midnight the night before your surgery.
 - Patients are required to be fasting for at least 6 hours before the operation.
 - Wash your hair or shaving before surgery for hygiene.
 - Completely and thoroughly remove all face makeup. (This includes all types of oils, lotions, sunscreen, facial moisturizer, liquid foundation, powder, eyeliner, mascara, eyebrow pencil, and eye shadow.
 - Please remove all of your jewellery and leave it at home.
 - Wear comfortable clothing. But you will have to wear hospital clothes in wards and operation theatre
 - You will be asked to get admitted on the day or night before the operation. You will report to the reception and take the file and go the wards for admission.
 - Doctor will write down all the instruction in the file which will be followed by the nurse in wards before the operation.
 - Dilating eye drops will be instilled by the staff nurse in operating eye before the surgery. Vision will reduce after instillation of the eye drops

During the Operation:

- After you are shifted to the theatre local injection will be given to anaesthetize the eye so that you will not feel any pain during the operation. In this case you will not be sleeping during the operation.
- In case of General anesthesia you will feel drowsy for few hours after the operation

After Surgery:

- After surgery, your doctor will schedule exams to check on your progress. Usually your doctor will want to examine you the day following surgery, and then at various intervals after that.
- You will also be given a specific schedule of eye drops to help healing and control the pressure inside your eye. While being especially careful not to put pressure on the eye itself, the area around the operated eye should be gently cleansed in order to remove any excess eye drops or secretions. Ask your doctor how to use your medications, when to take them, and what effects they can have.
- You will also need to wear an eye shield at night for the first few days to help protect the eye and avoid rubbing or pressing on your eye while sleeping. It is not necessary to wear the shield during the day and it is usually recommended that you wear dark eyeglasses during the day.

Precautions to be taken after the operation:

- Do not strain to lift, don't rub your eye.
- Use moderation in your activities:
- Wash your hands carefully and avoid touching or rubbing your eye.
- Do not swim, lift weights or engage in contact sports, including tennis and racquetball.
- Avoid getting soap in your eye.
- Avoid creams lotions and make-up around the operated eye.
- Wear eye glass protection, especially outdoors.
- Don't engage in activities risking direct impact to your eye.
- Watch TV, if you like. You may read if it doesn't cause any discomfort.
- Bring all medications, instruction sheets and supplies to every post-operative visit.
- Resume your normal diet.
- Do not put your fingers in your eye and do not to lift heavy objects. Lifting heavy objects increases pressure in the eye. You can walk, climb stairs, and do light household chores.

What happens after cataract surgery?

- It's normal to feel itching and mild discomfort for a while after cataract surgery. Some fluid discharge is also common, and your eye may be sensitive to light and touch. If you have discomfort, your eye doctor may suggest a pain reliever. In most cases, healing will take about 6 weeks.
- Some common problems can occur after surgery. These may include increased pressure, blurring from swelling, inflammation (pain, redness, swelling), and some times bleeding. More rare and serious problems include infection, loss of vision, or light flashes. If you experience increasing pain or a worsening of vision after surgery, you should contact your eye doctor. With prompt medical attention, almost all problems can be treated successfully.
- It is most important to take your drops exactly as directed and be sure to contact your doctor if you experience any problems.

Contact the hospital **immediately**, if you have:

- Persistent irritation.
- Increased redness or discharge.
- Worsening vision.
- Spots or flashes in your vision.
- Any sensations or worries that concern you.
- This routine is a subject to change depending upon the merits of the individual case. Emergency surgery will be dealt with accordingly.
- This is a patient information leaflet. It is not a legally binding document.