



# CATARACT SURGERY

Date of Surgery \_\_\_\_\_

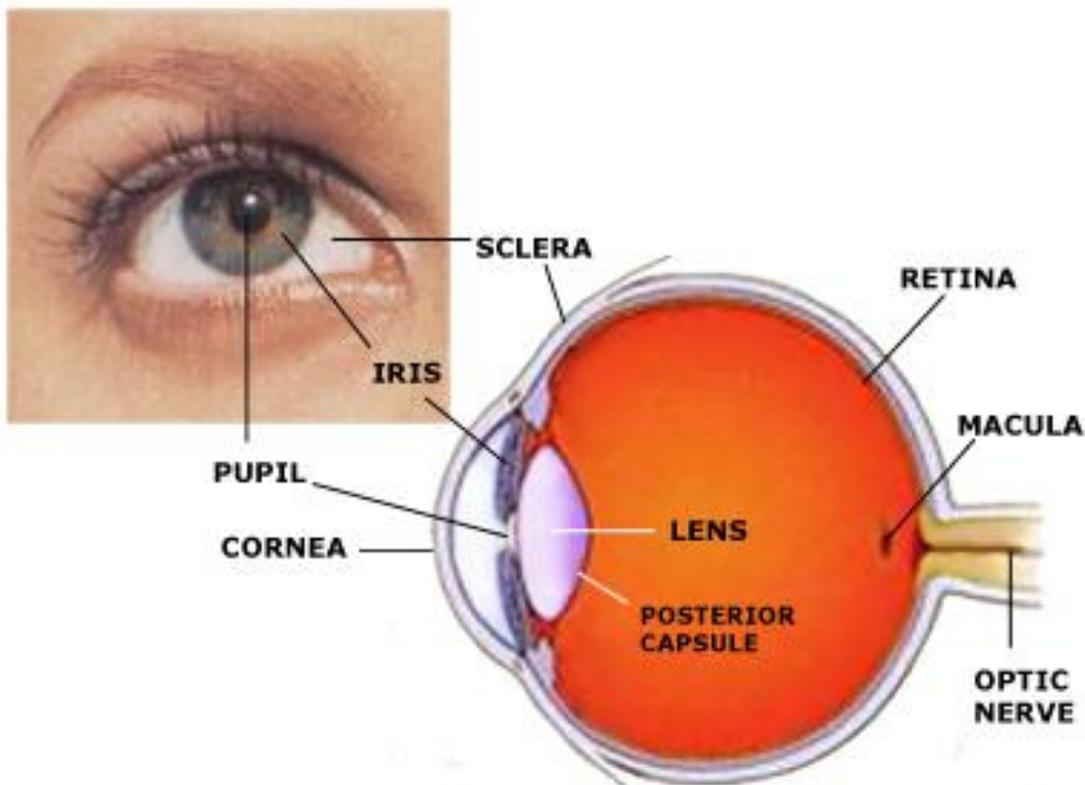
QHC# 63

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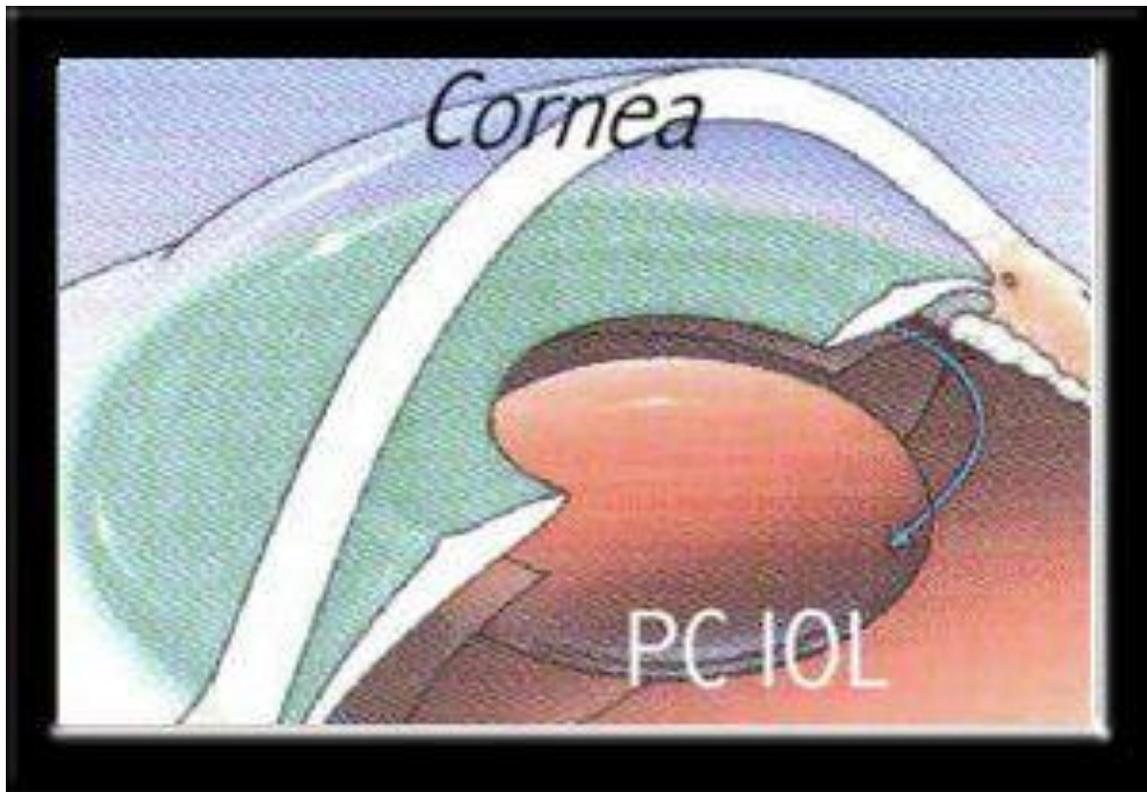
## What is a Cataract?

Your eye works much like a camera. The lens which is located just behind the iris (coloured part of the eye) helps the eye to focus. Light rays focus through the lens on the retina. Similar to film, the retina allows the image to be seen by the brain. A normal lens is clear, but over time the lens can become cloudy and prevent light rays from passing clearly through the lens. This cloudy lens is called a cataract.



## What Happens During Cataract Surgery?

In a cataract operation, the eye's natural lens is removed. An artificial lens (PCIOL) is inserted to replace the old lens. The artificial lens is made of a plastic material and is inserted at the same time that the cataract is removed.



The surgery takes about 20-30 minutes to complete.

## General Preoperative Instructions

1. **No smoking is advised within 48 hours of your surgery.** Smoking may increase the risk of complications after surgery and may decrease wound healing. There is no smoking on hospital property.
2. **No alcoholic beverages for at least 24 hours before your surgery** as the alcohol may interfere with the medications you will be receiving.
3. If you develop a sore throat, fever, cold or flu within a few days of your surgery, call your doctor. Your surgery may have to be delayed until you are feeling better.
4. Remove jewellery. Leave money and jewellery at home. The hospital is not responsible for lost items.
5. Remove all nail polish, perfume, and makeup
6. Eat well-balanced meals. Avoid fatty foods. Drink plenty of fluids
7. Have a bath or shower evening before surgery and/or morning of surgery

8. **Nothing to eat or drink after midnight the day of your surgery.** Your surgery may be cancelled otherwise.

9. **QHC Reduced Scent Policy** (patients, visitors and staff). Please do **not** wear any scented products (perfumes, colognes, scented soaps, lotions, etc.)

10. If you are not able to speak English or do not understand English, please bring an interpreter with you.

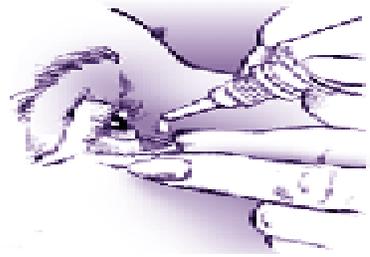
### **Instilling Eye Drops**

**Your Doctor may want you to start using eye drops before your surgery and/or may want you to use eye drops after your surgery.**

- Always wash your hands with soap and water before using the eye drops
- Do not let the tip of the dropper touch any part of the eye or your hands
- If you are putting in more than one type of eye drop, wait 5 minutes before instilling the next type. This will keep the first eye drop from being washed out by the second before it has time to work
- Always follow your Doctor's instructions

## **How to Instil Eye Drops**

1. Tilt your head backward
2. Pull the lower lid down to form a pocket
3. Let the drop fall into the middle of the lower lid
4. Close your eyes gently for 1-2 minutes
5. Gently wipe away any unabsorbed drops on your cheek before you open your eye. Do not rub the eye



**Continue using any other prescribed eye drops (i.e. Glaucoma), unless your Doctor has instructed you otherwise.**

## Preoperative Checklist

This checklist has been designed to assist you in preparing for your surgery. Please use it as your guide and **check off** items as they apply.

### 3-4 weeks before Surgery

- Review this booklet. Share it with your family and/or friends
- If you have not already completed your Pre-Anaesthetic Questionnaire in the ophthalmologist's office, make sure you bring this form to the office for your next visit before your surgery.** (Have family or a friend help you as needed)
  - List all current medications (prescription and non-prescription)
  - Include the dosage and number of times you take the medication
  - Include the time you normally take your medication (i.e. morning, supper, bedtime)
- Make arrangements for your **medical (pink form)** to be done by your family Doctor or after hours clinic.

## **2-3 weeks before Surgery**

- Arrange a ride for the day of surgery and for your first post op check up with the surgeon. **The person taking you home must wait for you at the hospital. You will not be able to drive yourself until your surgeon advises you.**
- Arrange for someone to stay with you overnight and on the day of surgery (to help as needed)

## **1-2 weeks before Surgery**

- All pre surgical testing IF ordered is completed by this time.
- Medication(s) to discontinue (IF applicable)

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## **Two Business Days before Surgery**

- **The Hospital will notify you of your arrival time required on the day of your surgery.**

## Day of Surgery

**Nothing to eat after midnight and DO NOT EAT BREAKFAST.** Your surgery will be cancelled otherwise. You may have small sips of water only with your usual morning medications.

### Medication Instructions

Bring **all** medications with you to the hospital (prescription and non-prescription items) in their original containers, including insulin and puffers (if applicable).

Take your usual morning **prescription** medications on the day of your surgery with **small amounts of water only**, unless otherwise instructed by your surgeon

Do **not** stop any blood thinner products (Aspirin, Plavix, Coumadin etc.) prior to surgery, **unless directed to be stopped by your surgeon.**

## Diabetic Patients

**Do not** take any diabetic medications (pills and/or insulin) on the morning of your surgery.

If you take **Metformin**, stop taking it **48 hours** before your surgery.

If you are on an **insulin pump**, please contact your family doctor or internal medicine doctor for *special instructions*

## Special Instructions

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Wear a two-piece outfit (comfortable with loose fitting top).

Arrive at the Hospital at your scheduled time. Stop at **Patient Registration upon arrival**. After you have registered, you will be directed to Day Surgery. Once you arrive at Day Surgery, please ring the doorbell.

**Please ensure that the person who is bringing you to the hospital and taking you home accompanies you to Day Surgery and waits in the Day Surgery waiting room until you are ready to go home.**

**PARKING IS ALLOWED IN DESIGNATED AREAS ONLY. NO PARKING IS ALLOWED IN FIRE ROUTES.** Drivers are only permitted to stop in these driveways to drop off or pick up someone. Unattended vehicles will be considered parked and subject to ticketing and/or towing.

The cost of parking is \$4.00 per hour or a maximum of \$11.00 a day.

**You will be at the hospital for approximately 2-3 hours the day of your surgery.**

Special eye drops will be inserted as ordered by your Doctor. These eye drops will help prepare your eye for the surgery and will act as a local anaesthetic (so you won't feel anything).

Following surgery, your Doctor may apply a gauze patch and/or an eye shield which will provide extra protection for your eye. It is important that, once you leave the hospital, the eye shield is not disturbed until the next morning.



You will be taken back to Day Surgery. The nurses will go over your post-op instructions and any special instructions from your Doctor prior to going home.

## **The Day After Surgery**

Upon awakening, remove the eye shield and save it. You may experience double vision/or blurred vision after the eye patch is removed. This is normal and will disappear by itself.

### **Removing the eye shield**

- Wash your hands thoroughly with soap and water
- Use a downward motion to remove the tape
- Gently remove the eye shield and patch (if you have one) from your eye
- Save the eye shield
- Keep it in a convenient place ready to apply every night before going to bed or anytime that you lie down during the day. Your Doctor will instruct you when to stop applying the eye shield.

### **Applying the eye shield**

- Wash your hands thoroughly with soap and water
- Place the eye shield over the eye
- Secure it with 2 parallel strips of tape, taping from the middle of your forehead to your cheek bone

- Make sure that you leave a space between the strips of tape so you can see through the shield

If your Doctor has instructed you to use eye drops post-op, use them prior to your office appointment as directed.

### **Follow Up Appointment**

Your Doctor has arranged for a follow-up appointment after your surgery. Please refer to your appointment schedule for the date and time.

Have family or a friend drive you to your appointment. **You are not to drive yourself until your surgeon advises you.**

Wear sunglasses, glasses or the shield to the appointment.

Please bring your Cataract Surgery Folder and any eye drops that he has prescribed, to your appointment.

Special Instructions

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