

Driving

You may need to tell DVLA if you have cataracts - tel. 0300 790 6801. If you have a cataract in one eye you do not need to tell DVLA **as long** as you don't have a medical condition in the other eye.

After surgery you must meet the 'visual standards for driving' which means you must be able to read (with glasses or contact lenses, if necessary) a car number plate made after 1 September 2001 from 20 metres.

Important information

Following your surgery your sight should improve. However, even without complications, it may take a few months for your vision to be restored once the healing process has been completed.

If you wore glasses before the operation, you may continue to wear them. Your optician will advise you when you need new ones. Following your operation you may have:

- sticky eyes
- watery eyes
- bruising around the eye
- the white of your eye may be red
- irritation or an itchy eye.

These should settle quickly. If you have any discomfort following your operation, please take your normal painkiller.

If you have any of the following, please contact your GP immediately:

- extreme pain in your eye which is not relieved by normal painkillers
- your eye has a sticky discharge or any redness that was not there following surgery
- any reduction or loss of vision.

General advice

- It is advisable to arrange transport or ask a friend/carer to assist you in getting home.
- Please avoid rubbing your eye.
- Avoid bending down for long periods during the first two weeks post-surgery. Bending to put socks and shoes on is acceptable.
- You may find that until the healing process has completed you may need to wear dark glasses to reduce the glare of light.
- Take care when washing hair and avoid getting soapy water in the eye.
- Take care outside and avoid anything being blown into the eye.
- You may read and watch TV as normal.
- You can return to sedentary work 48 hours - one week after the operation and can return to work involving light manual labour after two weeks.

Further Information

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Cataract Surgery



Offering information and advice to patients
undergoing Cataract Surgery

What is a Cataract?

Cataracts are cloudy patches in the lens (the transparent structure at the front of the eye) that can make vision blurred or misty. They can develop in one or both eyes and one eye can often be more affected than the other.

The lens

The lens is normally clear and allows light to pass through to the back of the eye. However, if parts of the lens become cloudy (opaque), light is unable to pass through the cloudy patches.

Over time, the cloudy patches usually become bigger and more of them develop. As less light is able to pass through the lens, your vision is likely to become blurry or cloudy. The cloudier the lens becomes, the more your sight will be affected.

The most common cause of cataract is age; but trauma, diabetes and certain medications can also cause cataracts. Some of the symptoms associated with cataracts include blurred vision, difficulty reading or driving and glare which may cause you to find it harder to focus when there are bright lights.

Before your Cataract operation

If you wear contact lenses, please stop wearing them two weeks before your operation. If you take Warfarin, please do not take it the day before your operation.

If you take medication for your bladder, please inform your Named Nurse on your arrival.

What does the Cataract operation involve?

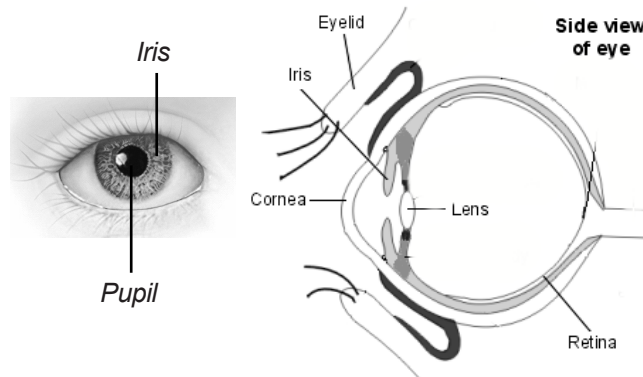
Cataracts are usually treated with a routine day case so no overnight stay is needed and the operation is performed under local anaesthetic. Before the cataract operation can take place, it is necessary to prepare the eye.

On your arrival you will receive three different types of eye drops. Although these drops may nip slightly initially, this will settle. The drops are required for the surgeon to perform the operation safely.

In Theatre, the surgeon will administer some local anaesthetic eye drops into your eye before the operation.

The cataract operation is performed using microscopic surgery whereby the cloudy lens is removed and is replaced with an artificial plastic lens called an Intraocular Lens Implant. This remains permanently in your eye.

The operation normally takes approximately 15-20 minutes and usually no stitches are required.



Aftercare

You will receive a take-home prescription which contains two different types of eye drops - one an antibiotic, the other an anti-inflammatory steroid. The nurse will show you how to put them in.

You should carefully follow the eye drops instructions as to how often and for how long you are advised to use them.

For the time that you are using the eye drops you should bathe your eye morning and evening using the following instructions.

1. Boil some water and let it cool.
2. Moisten either cotton wool or soft gauze with the water.
3. Gently clean your eye along the lashes in one movement from the nose outwards.
4. Repeat until clean using clean cotton wool or soft gauze for each wipe.

Follow Up

The follow up appointment after your operation is usually six weeks with your own optician, unless the surgeon requests to see you earlier.

It is your responsibility to make the appointment with your optician.

Please ensure that you wash your hands thoroughly before and after bathing your eye.