

## Driving

We do advise that you **DO NOT** drive for 48 hours after your procedure. Thereafter you must refer to the instructions given by the DVLA (visit: [www.dvla.gov.uk](http://www.dvla.gov.uk)) or instructions given by either your ophthalmologist or optician.

## Important information

Following surgery, it is normal for you to experience the following for a few days:

- blurred vision
- gritty feeling
- watery eye.

Although complications are rare it is important when they do occur that they are treated quickly. If you experience the following:

- loss of vision or a sudden deterioration
- severe pain
- discharge from the eye

### within 14 days of surgery

If within the first 14 days, you experience any of the following you should contact the Western Isles Hospital Ophthalmology Secretary (available Monday-Friday 9am-4pm) by telephoning 01851 704704. Out with these hours, please telephone NHS24 on 111.

### after 14 days of surgery

If you experience the above 14 days after your surgery, advice should be sought from either your GP or optician.

## General advice

- We advise not to drive. 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.
- **Avoid** heavy lifting, strenuous exercise and swimming.
- You may wear sunglasses, if required.
- You may shower/bathe and wash hair but avoid getting soapy water in the eye, or having your hair cut for two weeks.
- You may read and watch TV, use computers, iPads and mobile phones as normal.
- If required, painkillers such as paracetamol can be taken.

## Further Information

Day Surgery Unit, Western Isles Hospital,  
MacAulay Road, Stornoway, Isle of Lewis,  
HS1 2AF. Tel. 01851 704704.  
[www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

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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 and the day of your operation.

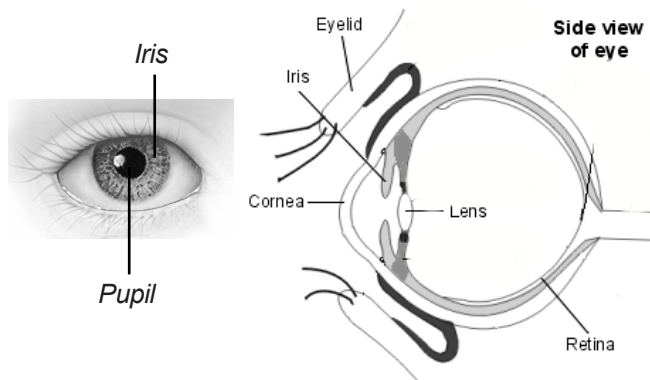
If you take medication for your bladder, please inform your Named Nurse on your arrival.

## 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 an ophthalmic insert will be placed into your eye. This is not painful to do and once in place you will not feel anything. The insert remains in your eye for a maximum of two hours and is removed prior to surgery. This insert is necessary so the ophthalmologist can perform the procedure safely. If the insert is unsuitable, you will receive eye drops instead.

In Theatre, the ophthalmologist 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.

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

The most important first step is to avoid infection. Please ensure you **WASH HANDS** thoroughly before and after administering your eye drops.

To administer eye drops:

- tilt head backwards and look up to the ceiling
- hold the bottle in the opposite hand to the eye in which you wish to administer the drops
- place the bottle on the bridge of the nose at a downward angle **AVOID** touching the eye
- with the other hand pull down the lower lid, squeeze the bottle or tap the bottle allowing a drop to fall into your eye. Do not worry if more than one drop goes into your eye but aim for one drop.

If you use eye drops regularly you will need to use a fresh bottle following your procedure. If you are given an eye shield, remove it as instructed.

## Follow Up

The follow up appointment after your operation is usually five to six weeks with your own optician, unless the surgeon requests to see you earlier. Do not make any changes to your glasses until you have attended optician.

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