

## Surgery and Cancer Division – Ophthalmology

### Cataract Surgery

#### Introduction

Your Ophthalmologist has recommended that you require cataract surgery to improve your vision. You will be provided with written information regarding your surgery when you attend the Eye Care Centre at Leighton Hospital.

If you do not receive written information about your cataract surgery, please contact the Eye Care Centre on 01270 278110.

#### Guidance for Patients

A cataract is a common problem where the natural lens of your eye becomes cloudy. Cataract surgery involves removing the cataract from your eye and replacing it with an artificial lens implant.

Prior to surgery a thorough medical preoperative assessment is carried out. The preoperative assessment assesses your fitness for surgery and will help us to identify potential medical risks which may need attention prior to surgery. A special eye scan called a biometry is also performed. This calculates the lens power of the artificial implant to be inserted into the eye during surgery.

The operation is done in theatre and is most commonly carried out with local anaesthesia in the form of eye drops. Sometimes an infusion of anaesthetic around the eyeball may be used. The procedure is short and normally takes about 20 minutes. It can take longer for more complex cases or where the cataract is more opaque.

After the operation you will be transferred to the recovery area and then to the ward or daycase unit. You should be able to go home after a few hours. You will not be able to drive for at least 24 hours after your surgery; your surgeon will tell you when you can return to normal activities. Eye drops are used after the operation, usually for a period of 4 weeks.

#### How can I prepare for my surgery?

While you are waiting for your procedure it is important that you consider the following in the short term to support your well-being.

- If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.
- Try to maintain a healthy weight. You have a higher risk of developing complications with any surgery if you are overweight.
- Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health.
- If you have not had the coronavirus (Covid-19) vaccine, you may be at an increased risk of serious illness related to Covid-19 while you recover. Speak to your doctor or healthcare professional if you would like to have the vaccine.

## What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please contact your GP or NHS 111 for medical review in the first instance.** Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Ophthalmologist to discuss their findings in more detail and determine a management plan.

## Contact Us

Admission Date - Please call the Ophthalmology Scheduling Team 01270 278110.

Emergency Ophthalmic Advice - Please call 01270 255141 and ask for Eye Triage.