

OP01 Cataract Surgery (part 1)

Choosing if you want to have an eye operation



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Expiry date: December 2022

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This booklet

Your doctor has given you this booklet because there is a problem with your eye.

This problem is called a **cataract**.



A **cataract** is when your eye goes cloudy. This can make it hard for you to see.



You can have an operation to try to make your eye better.



It is your choice

You don't have to have the operation.

You can say **yes** or **no**.



When you have read this booklet speak to your doctor about it. They can help you decide what to do.



The operation

Before your operation the doctor will make sure you cannot feel any pain.



They can do this in 3 ways:

1. Giving you an injection near your eye
2. Giving you some eye drops
3. Putting you to sleep



You and your doctor will decide which is best for you before you have the operation.



The operation

Your doctor will cut the front of your eye and take the cloudy bit out.

They will put a new bit in its place.



You should not feel anything when the doctor does this.



The operation should take about **20 minutes.**



Most people go home the same day.



But there is a small chance that you may have to stay overnight.



If you say YES to the operation

After the operation you should be able to see well again.



Your eyes may hurt a little bit but not for long.

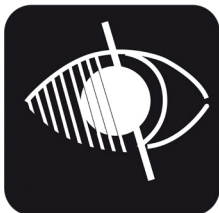


With every operation there is a small chance that something could go wrong.



If something went wrong you could need:

- Another operation
- Medicine
- Eye drops



There is a very small chance that you could stop being able to see.



These problems don't happen very often.
Most people are fine after the operation.



If you say NO to the operation

If you do not have the operation your eyes will probably get worse.

It may get harder and harder to see as time goes by.



Making a decision

If you are not sure what to do then it may help to talk to someone you trust, like a friend or someone in your family.



Talk to your doctor if you have any questions.

OP01 Cataract Surgery (part 2)

Having an eye operation



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This booklet

Your doctor has given you this booklet because you have said **yes** to an eye operation



This booklet tells you more about the operation.



It can help you get ready for the operation.



It can also help you look after yourself after the operation.

Before your operation

Things you should do:



- Stop smoking a few weeks before



- Do some exercise but speak to a doctor first



- Talk to your doctor about any medicine you take. Your doctor may tell you to stop taking some medicine



Your operation

You will go to the hospital for your operation.



The doctors and nurses will ask you a few questions first.



Before your operation the doctor will make sure you cannot feel any pain.



They can do this in 3 ways:

1. Giving you an injection near your eye
2. Giving you some eye drops
3. Putting you to sleep



You and your doctor will decide which is best for you before you have the operation.



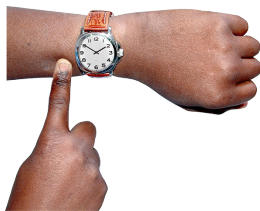
The operation

Your doctor will cut the front of your eye and take the cloudy bit out.

They will put a new bit in its place.



You should not feel anything when the doctor does this.



The operation should take about **20 minutes.**



Your eye may hurt a little bit after the operation.



After your operation

After the operation you will go to a different part of the hospital.

Most people go home on the same day.



The doctor will tell you if you need to stay overnight.



Try to have someone with you for at least a day after your operation.



You should also have a phone close by so you can call for help if you need to.



You should call your doctor if:

- You are in lots of pain
- You can see flashing lights or dark spots



Looking after yourself

You should look after your eye as the doctor has told you.



Take things easy for **1 or 2 days**. This means not doing things like:

- Driving
- Cooking
- Drinking alcohol



Do not swim or lift heavy things until your doctor says it is ok.

Exercise can help you get better but check with your doctor before you start.



Go for an eye test a few weeks after your operation as you may need new glasses.



Do not drive unless you have checked that you can see well enough.

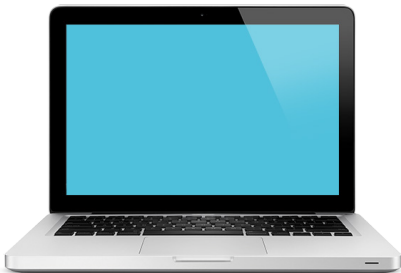
Useful phone numbers

If you have any questions about your operation call



If you have any problems after your operation call

Call the Emergency Department if you need an ambulance.



There is some more information at www.aboutmyhealth.org

This website does not have easy words and pictures.