



A Patient's Guide to Cataract Surgery

Date of Surgery: _____

Ophthalmologist: _____

Phone Number: _____

Having Surgery at Quinte Health



The Quinte Health Surgical Program is dedicated to making our patients feel safe and comfortable during their hospital experience. Throughout your surgical journey you will be cared for by many members of our surgical team all who have an important role in supporting

you and your family before, during and following surgery. As a team, we strive to provide care based on our guiding hospital values: Imagine It's You, Value Everyone, We All Make a Difference, and Stronger Together.

Purpose of This Booklet

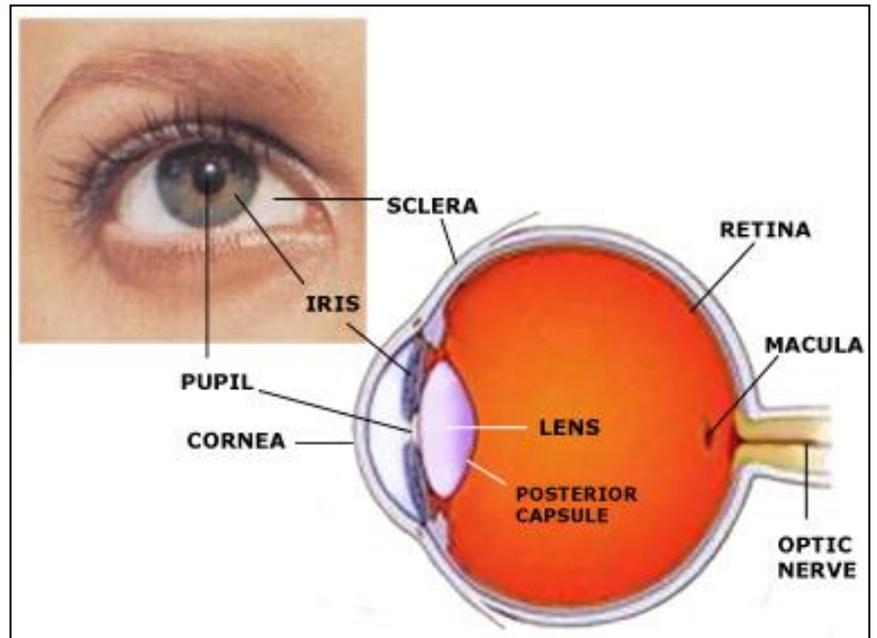
As we know, surgery can be an anxious time for you and your family. This booklet has been designed as a resource to help answer your surgery-related questions and hopefully help ease some stress during your hospitalization. Please read through this booklet before your surgery date and revisit it whenever you have questions.

This booklet includes:

1. Information on **cataracts** and **cataract surgery**
2. Instructions that are **important for your safety**, including important information about **medications**
3. Directions on **instilling your eye drops**
4. **Preoperative checklist**: please use this checklist to make sure you are properly prepared for your day of surgery.
5. **Your day of surgery**: parking, directions, and what to expect in hospital
6. How to **recover** from your surgery: in hospital and at home

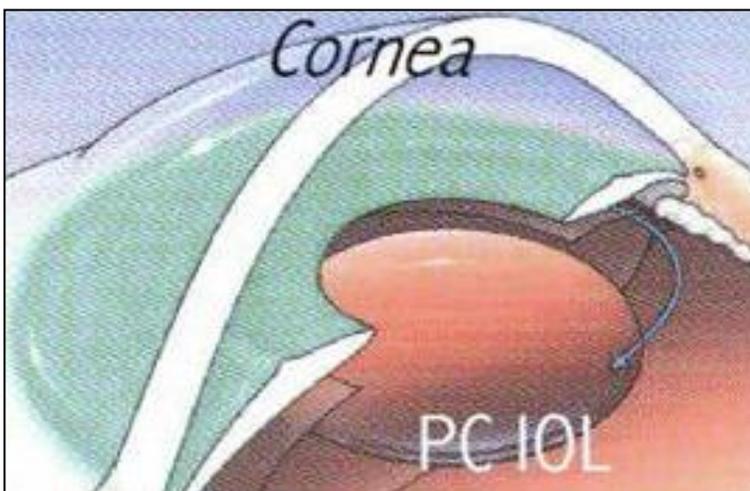
What is a Cataract?

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.

Important For Your Safety



For your safety during surgery, it is very important that you follow the following instructions carefully.

Eating and Drinking Instructions



Do not have **any food** after midnight the day of your surgery.



You are allowed to drink **clear fluids** on your day of surgery until **1 hour before your hospital arrival time.** Stop drinking fluids 1 hour before you are scheduled to report to hospital.

Clear fluids include: water, apple juice, gingerale, Gatorade, **black** tea or **black** coffee (**no milk or creamer**).

If you do not follow these eating and drinking instructions exactly, **your surgery may be delayed or cancelled.**



Do not drink any alcoholic beverages for at least **24 hours before** your surgery as alcohol may interfere with the medications you will be receiving.



We recommend not smoking for **48 hours before** your surgery. Smoking may increase the risk of complications after surgery and may decrease wound healing. There is no smoking on Quinte Health property.



You will not be able to drive home after discharge from hospital. Please make the necessary arrangements for someone to **drive you to surgery, stay at the hospital during your surgery, take you home and stay with you that night.** You will be at the hospital for approximately 2-3 hours the day of your surgery.

Medications

- ✓ Take your usual morning prescription medications on the day of your surgery, unless otherwise instructed by your surgeon or pre-surgical nurse
- ✗ **Do not stop** any blood thinner products (Aspirin, Plavix, Coumadin etc.) prior to surgery, unless your surgeon directs you to stop your blood thinners.

Diabetic Patients

- ✗ Do not take any diabetic medication (pills and/or insulin) on the morning of your surgery.
- ✓ If you are on an insulin pump, please contact your family doctor or internal medicine doctor for special instructions.

It is extremely important to follow this information exactly—if you do not your surgery may be postponed or cancelled.



If you develop a **sore throat, fever, cold, or flu** within a few days before your surgery, call your surgeon. Your surgery may have to be delayed until you are feeling better.

Instilling Eye Drops

Your Doctor may want you to start using eye drops before your surgery and/or after your surgery. Each individual doctor is different so follow their specific directions about how often to use your drops.

- 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 your 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 help you prepare for your surgery. Please use it as your guide and **check off** items.

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 a day you take the medication
 - ✓ Include the time you normally take your medication (i.e., morning, supper, bedtime)

It is important you fill this form out accurately and completely. This will help your anaesthetist plan for your surgery.

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.** If you are taking a taxi someone must accompany you home.

- Arrange for someone to stay with you for **24 hours** after surgery **including overnight**, or your surgery will be cancelled.
- If you are unable to speak or understand English, please arrange to have an interpreter come with you.

1-2 Weeks before Surgery

- Complete all pre surgical testing (if ordered) by this time.
- Medication(s) to discontinue (if applicable):
 1. _____
 2. _____
 3. _____
 4. _____

1-2 Business Days before Surgery

- The Hospital will notify you of your surgery arrival time required on the day of your surgery.
- Remove makeup, fingernail or toenail polish

Day of Surgery

- Do not** have **any food** after midnight the day of your surgery.
- You can drink **clear fluids** until 1 hour before your hospital arrival time. **Clear fluids include:** water, apple juice, gingerale, Gatorade, **black** tea or **black** coffee (**no milk or creamer**).

- ❑ Take your usual morning **prescription** medications on the day of your surgery, unless otherwise instructed by your surgeon or pre-surgical nurse
- ❑ Take a shower or bath the morning of or night before your surgery
- ❑ Do not wear any scented products (perfumes, colognes, scented soaps, lotions, etc.). Quinte Health has a Reduced Scent Policy.
- ❑ Remove all jewelry (including rings, earrings, body or tongue piercings). **Do not** bring valuables to the hospital.
- ❑ Wear a clean, comfortable (i.e. loose fitting) two-piece outfit to the hospital
- ❑ Bring your CPAP (if you are having a general anaesthetic)
- ❑ Bring your Health Card
- ❑ Bring a proper storage container for your hearing aids, dentures, or glasses. Glasses and dentures will be removed just before surgery.
- ❑ Bring all of your medications (prescription and non-prescription) with you in their original containers, including any puffers, insulin, eye drops and/or patches
- ❑ Bring a book, magazine or something to entertain you while you wait
- ❑ Bring this booklet

Arrival & Parking

Arrive at the Hospital at **your scheduled time**.

In Trenton, visitor/patient parking is available in front of the hospital main entrance. The gate is located off of King Street. Bring your parking ticket with you into the hospital and pay before returning to your vehicle. Payment machines are in the main entrances and accept cash and credit cards.

Parking is not allowed in fire routes. Drivers are only permitted to stop in these areas to drop off or pick someone up. Unattended vehicles may be ticketed or towed.

Trenton Patient Directions

1. Enter at the Main Entrance
2. Go to patient registration. You will speak with a clerk who will give you an armband and paperwork
3. Take a seat in the Same Day Surgery waiting area (also called 'green zone'). A Same Day Surgery Nurse will come meet you there.

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

What to Expect: Before Surgery

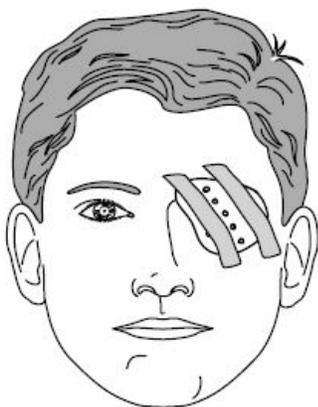
Special eye drops will be inserted as ordered by your Doctor. These eye drops will help prepare your eye for the surgery and will act as a local anaesthetic (so you won't feel anything).

Your Nurse will complete a health assessment. This will include asking you questions (about your procedure, allergies, medications, when you last ate or drank, etc.), starting an intravenous (IV) line, and performing any required tests.



Since your surgery is side-specific (left or right eye) your surgeon will mark the correct side with their initials. At this time your job is to verbally confirm with them which side your surgery is on. This is an important safety protocol—please ask your surgeon or nurse if you have any questions.

Recovering from your Surgery



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.

After your surgery, 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.

Your eye may be itchy, sensitive or bloodshot for a few days- this is normal. Cataract surgery usually doesn't cause a lot of pain; mild pain can be treated with over the counter medications like Tylenol (acetaminophen) or Advil (ibuprofen). Ask your Day Surgery Nurse if you have any questions.

The Day after Surgery

When you wake up, you may remove your 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. **This is important to protect your eye while it is healing.** Your Doctor will tell you when to stop applying the eye shield.

You may experience double vision/or blurred vision after the eye patch is removed. The amount of blurriness will vary from patient to patient, but should resolve over time.

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

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.

Activity

You should be able to return to your normal activities very soon after cataract surgery.

- Relax for the first 24 hours. Reading a book or watching television won't hurt your eye.
- Don't wear eye makeup for 2 weeks
- Do not drive a car until your surgeon tells you, you can.

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. This will protect your eye.
- Please bring your Cataract Surgery Folder and any eye drops that your surgeon has prescribed.

When to Contact your Doctor

Cataract surgery is very common and problems are rare. Contact your ophthalmologist or go to the nearest emergency department if you experience:

- Nausea or vomiting
- A fever of higher than 100.5°F/38°C
- Pain that does not improve after pain medication
- Inflammation or bleeding in your eye
- Sudden, worsening vision
- Sudden flashes of white light or sudden showers of black dots across your field of vision. These can be signs of retinal detachment, which is rare but serious. It needs to be treated right away.

Notes

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