

INFORMATION FOR PATIENT- CATARACT SURGERY

The natural clear lens in your eye helps you to see clearly by focusing the images. A cataract is clouding of the lens in the eye. As a result of a cataract, your vision becomes blurry, like looking through a frosted glass.

Your surgeon will assess you to see whether you need a cataract operation. However, it is your decision to go ahead with the operation or not. This document will give information about the benefits and risks to help you to make a decision. If you have any questions that this document does not answer, you should ask your surgeon or his team.

Alternatives to operation

Glasses may improve your vision to some extent; if the cataract is advanced, glasses will not help and surgery is the only option. If you decide not to have the operation your vision will get worse gradually but not straightaway.

BEFORE YOUR OPERATION

Please continue to take your medication as usual and you can have a light meal before your appointment. You will need someone to drive you home. If you work, please allow for a week off work. You may require more time off if you work in a very dusty environment. Please read the following information as well as the content of the consent form.

THE OPERATION

It involves removing the cloudy lens through a very small key hole incision in your eye and replacing it with an artificial lens implant. The operation is performed under local anaesthetic drops. You will not be able to see what is happening. Sometimes local anaesthetic drops may not be suitable, in which case you will be offered referral for an alternative anaesthetic. Usually no stitches are needed.

BENEFITS, COMPLICATIONS AND RISKS

The benefit is to improve your clarity of vision and colour vision. As with all surgical procedures, there is a small element of risk associated with your operation. Some of these can be serious. The success of the operation also depends on whether you have any pre-existing eye conditions. The potential complications during the operation are:

- Severe bleeding inside the eye during operation, which may cause loss of vision
- A tear in the capsule with disturbance of the gel inside the eye that sometimes leads to reduced vision
- Loss of all or part of the cataract into the back of the eye, which requires another operation often requiring a general anaesthetic
- Allergic reaction to local anaesthetics.

The potential complications after the operation are:

- Bruising of the eye or eyelids
- High pressure inside the eye
- Clouding of the cornea
- Swelling of the retina (macular oedema)
- Detached retina that can lead to loss of vision
- Infection (endophthalmitis)- which can lead to loss of sight or, on very rare occasions, loss of the eye

The risk of total loss of vision is about 1 to 3 in 1000.

AFTER THE OPERATION

You will be taken to our recovery room where you can relax following your operation. The nurse will go through some post-operative advice and give you a discharge letter together with some eye drops. You will need to instil eyedrops according to advice given by the surgeon following the operation – If necessary please arrange some help. You can leave when you feel ready and re-join your driver.

It is common to have some redness, feel scratchy or gritty. Blurred vision is normal on the first day, which should improve over several hours. You can resume your normal activities like reading straightaway.

Glasses will be required afterwards, especially for reading and possibly for distance. We will advise you about seeing your Optician post operatively. Driving depends on your individual vision. Please ask the nurse for further information.

Please avoid heavy lifting, make up, flying and getting soap and water in the eye for 2 weeks. No swimming for 6 weeks please.

POST-OPERATIVE ADVICE

You should get medical advice if you experience the following:

- Pain in the eye that is not relieved by painkillers
- A large amount of discharge of pus
- Increasing redness in the eye
- Progressive deterioration in your vision
- Floaters or flashing lights

You can seek advice from your GP surgery or calling us at Probus Surgical Centre on 01726 885104. Out of hours advice can be obtained by calling the Emergency Eye Clinic at Treliske on 01872 253788 or 01872 253729

What can my driver do whilst waiting for me to complete my treatment?

Your driver must wait in the car whilst you are having your treatment.

Directions to Probus Surgical Centre

Probus Surgical Centre, Tregony Road, Probus, Truro, TR2 4JZ

From North Cornwall

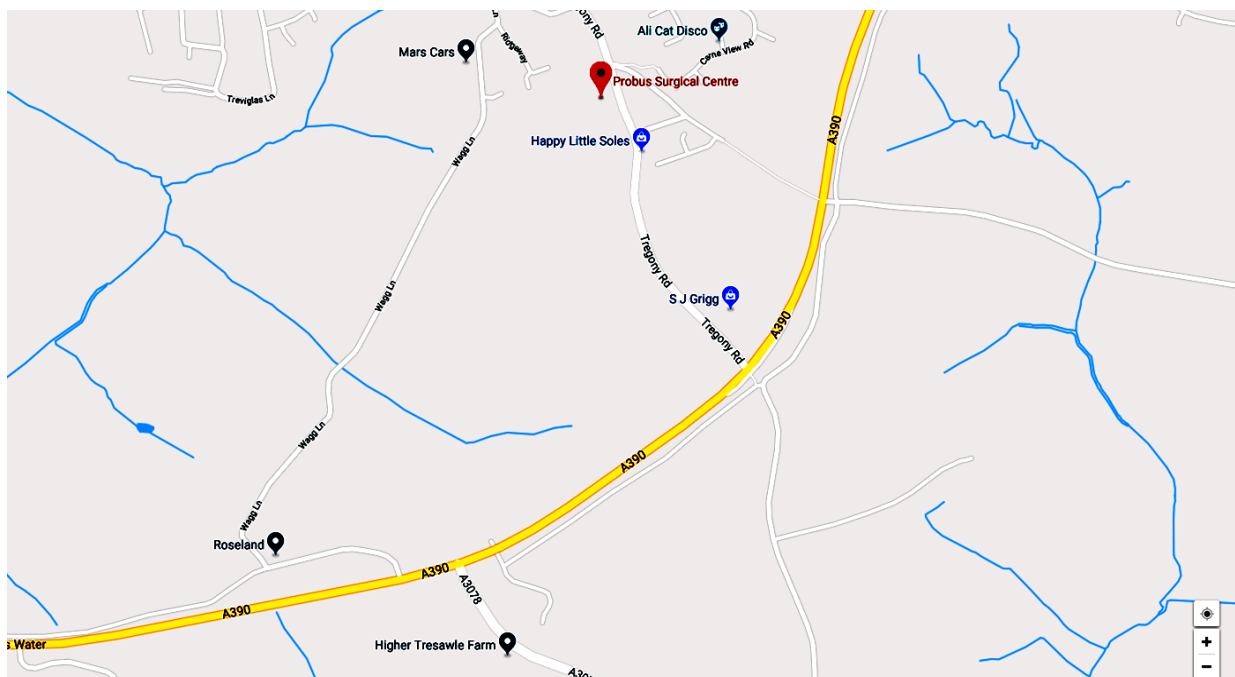
From Fraddon take the Grampound Road direction. Drive through Grampound Road and continue until you come to the main A390. (Then follow directions below)

From West Cornwall

From Truro follow the road for St Austell. Drive through Tresillian and continue on the Probus bypass (A390), you will pass the turning on the right for Tregony (A3078), continue on the A390, and take the next turning on the left, Tregony Road (opposite a large layby). Continue up this hill, passing S J Griggs Garage on your right, then Wainhomes. Continue on Tregony Road, until you reach Probus Surgery and Surgical Centre, take the second entrance into the car park.

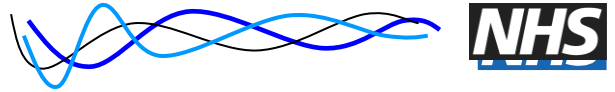
From East Cornwall

From St Austell follow the Truro Road (A390). Drive through Grampound and continue until you reach the new roundabout at the start of the Probus Bypass. Take the first exit, continuing on the A390. Take the 2nd exit on the right onto Tregony Road (opposite a large layby). Continue up this hill, passing S J Griggs Garage on your right, then Wainhomes. Continue on Tregony Road, until you reach Probus Surgery and Surgical Centre, take the second entrance into the car park.



TAP – Transport Access People – Community transport service (Subsidiary of Age UK Cornwall & Isles of Scilly)

This is a door to door service and a small charge will be made – payable to the driver on the day of your journey. To arrange non-emergency transport for your healthcare appointment you can call: **Cornwall residents – 01872 223388** **Devon residents – 08450 539100**



Probus Surgical Centre

Help Us Help You Stay Safe

Important information when attending your appointment (updated June 2022)

* **REQUESTING SUPPORT** - if you require support to attend the appointment because of exceptional circumstances, please contact us on 01726 885104 to request this ahead of your appointment (please use the number on your appointment letter) – authorisation will be given as appropriate.

Prior to attending your appointment:

- Regularly and thoroughly wash your hands with soap & water for 20 seconds or clean your hands with an alcohol-based hand rub

Please inform us, before your appointment if:

- **You have a confirmed diagnosis of COVID-19 or are waiting for a COVID-19 test result**
- **You think you may have symptoms of COVID-19:**
 - A high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
 - A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
 - A loss or change to your sense of smell or taste
 - Shortness of breath
 - Feeling tired or exhausted
 - An aching body
 - A headache
 - A sore throat
 - A blocked or runny nose
 - Loss of appetite
 - Diarrhoea
 - Feeling sick or being sick

Attending your appointment:

Please use the hand sanitiser available in the Reception & Surgical Centre before and after your appointment.



You are not required to wear a face mask unless it is your personal preference or you have been asked to by a member of the clinical team.