

Cataract Information for Patients



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and click on Wait Times tab



ONE ISLAND FUTURE

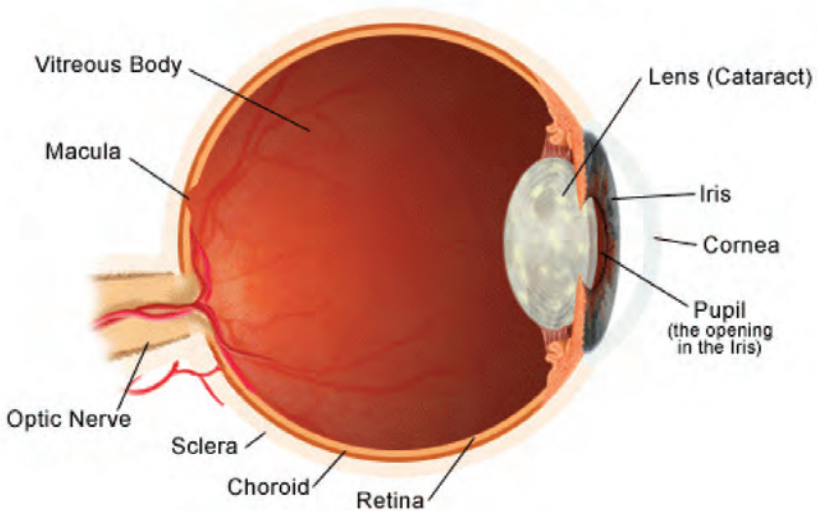
Health PEI

ONE ISLAND HEALTH SYSTEM

What is a Cataract?

A cataract is a clouding of the eye's naturally clear lens. When the lens becomes cloudy, light rays cannot pass through it easily and vision becomes blurred.

Example of a Cataract



What causes cataracts?

Cataract development is a normal process of aging. Cataracts can also be present at birth, develop from injuries, certain diseases, medications or long-term exposure to sunlight.

What are the symptoms of cataracts?

- Cloudy or blurry vision
- Colours seem to fade
- Frequent prescription changes in your eyeglasses or contact lenses
- Glare
- A halo may appear around lights
- Double vision or multiple images in one eye
- Poor night vision
- Headlights, lamps, or sunlight may appear too bright.

How is a cataract treated?

A cataract may not need to be treated if your vision is only slightly blurry. Simply changing your eyeglasses prescription may help improve your vision for a while. There are no medications, eye drops, exercises or glasses that will cause cataracts to disappear or prevent them from forming.

Surgery is the only way to remove a cataract. When you are no longer able to see well enough to do the things you like to do, cataract surgery should be considered. Cataract surgery involves removing the cataract and replacing it with an artificial lens.

The risks of cataract surgery

Though they rarely occur, possible complications of cataract surgery are:

- Infection
- Bleeding
- Swelling of the retina
- Swelling of the cornea
- Detachment of the retina
- Dislocation of the lens

Preparing for your cataract surgery

- If you are claustrophobic, please tell your surgeon before the day of your surgery.
- If you take blood thinners (e.g. Aspirin, Plavix, Warfarin), check with your surgeon to be advised if there is a need to stop them before surgery. Do **NOT** stop these medications without your surgeon's advice.
- If you have **ever** taken the drug **Flomax** (Tamsulosin), please inform your surgeon .
- Have a roll of one (1) inch medical silk or paper tape at home for reattaching the eye shield that you will wear after your cataract surgery.
- You will need to arrange for a responsible adult to take you home from surgery and stay with you until the next day.

Beginning three (3) days before your surgery

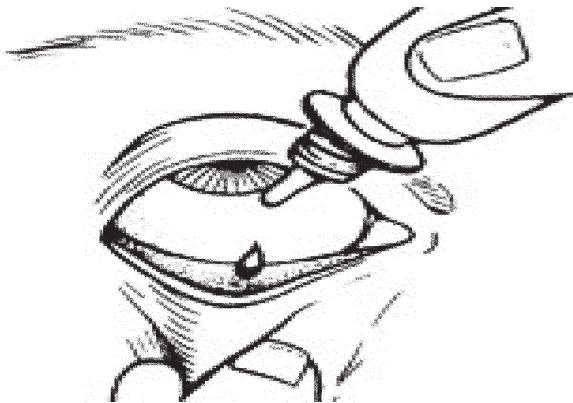
You will start taking three different types of eye drops. These eye drops will prepare your eye for surgery.

- Two types of eye drops are used to decrease the amount of redness and swelling in your eye that may occur as a result of cataract surgery.
- A third type of eye drop is used to prevent eye infection.

Please note:

If you use glaucoma drops continue to take them up to and including the morning of your surgery.

How to put in your eye drops



1. Wash your hands.
2. Shake the bottle of eye drops well.
3. Remove the cap from the bottle.

4. Sit with your head tilted back or lie down.
5. Open both eyes and look up. With one finger, draw the lower eye lid of your operated eye down to form a “cup”.
6. With the medication in the other hand, hold it as near as possible to the eyelid without touching the eyelid and squeeze the eye drop into the cup made when the lower lid is pulled down.
7. Do not touch the eye or eyelid with the bottle.
8. Close the eye gently for one (1) full minute. With a tissue, gently remove excess liquid from the eye lash/cheek.
9. **Wait** five (5) minutes before putting in a different type of eye drop.

Last weekday prior to surgery

**Call Day Surgery:
at 894- 2220
between 2:30 and 4:00 p.m.**

To review your medication, diet instructions and to obtain your time to arrive at the QEH Admitting Department.

Day of your surgery

- Do NOT eat anything after midnight prior to surgery.
- Shower or bathe the evening before or the morning of your surgery. You must remove all your face make-up.
- Wear comfortable clothes that do not need to be pulled over your head. This will make it easier to get dressed for home.
- Please leave all jewellery and valuables at home.
- Take your regular prescription medications with a sip of water prior to 6:30 am on the morning of your surgery except:

Do **NOT** take your insulin or diabetic medication on the morning of surgery (Bring Diabetic medication and insulin with you)

Do **NOT** take diuretic medication (Fluid pills) on the morning of surgery.

- Bring all of your medications and/or a printed medication list from the pharmacy with you.
- When you arrive at the Admitting Department, you will be registered and directed to Day Surgery.
- In Day Surgery you will be given eye drops and you may also be given medication to help you relax.
- Then you will be moved to the operating room for your surgery.

Your cataract surgery

The surgery usually lasts for less than one hour. You will receive a local anaesthetic (numbing medicine) to numb your eye so you will not feel any pain during the surgery.

During the surgery the nurses and doctors will explain what they are doing. You will hear a machine talking and making different sounds and noises. You may see light movement but you will not be able to see the surgery while it is happening.

There are only certain times during the procedure when your surgeon can safely allow you to move. Therefore, it is crucial for you to remain still unless you have your surgeon's permission to move.

Tell your surgeon immediately if you:

- Need to cough or sneeze
- If you are uncomfortable
- If your nose or face is itchy

Using an operating microscope, the surgeon will make a tiny incision (cut) in the eye. Your cloudy eye lens is removed. Usually, during the same surgery, a new lens is inserted.

Eye care following your surgery

- Plan to spend a quiet day at home following your surgery.
- You will wear a shield over your eye (no patches under it) until the morning after your surgery and then for one week while you are sleeping.

- Following your surgery you will be given a schedule of when to use your prescribed eye drops. You can remove your eye shield to put in your eye drops.
- Resume your glaucoma drops the day of your surgery
- You may wear your glasses on the day after surgery.
- You will have a follow-up exam at your surgeon's office the day after your surgery.

What to expect after your surgery:

- Your eye may feel scratchy and you may have a burning sensation when putting in your eye drops.
- Your vision may be blurry for the first few days after surgery.
- Mild discomfort is normal and may be relieved by taking Tylenol or Advil.

To avoid injury to your eye you must NOT:

- Touch, rub or apply pressure (especially to your upper lid) of your operative eye for two weeks following your surgery.
- Allow soap or water in your eye. You can GENTLY wash around your eye. (2 weeks)
- Lift anything over 25 pounds. (2 weeks)
- Swim for at least four (4) weeks.
- Drive, operate machinery or participate in sports until given permission from your surgeon.

Following Surgery you can:

- Climb stairs-one step at a time until your eyesight improves.
- Have your hair washed by another person for two weeks. Keep your head back, such as in a beauty salon or barber shop, to avoid getting water in your eye.
- Take a bath, as long as you avoid getting soap or water in your eye.
- Watch T.V. or read at your own comfort. A feeling of eye strain or pressure in the eye is a warning to stop any activity.
- Shave.

Call your eye surgeon right away if you have:

- Severe pain, especially associated with nausea and vomiting.
- Increased swelling, bruising, redness or unusual discharge of your operative eye.
- Sudden flashes of light in the eye.
- Significant decrease in vision.
- A shadow as though a dark curtain has been drawn across your eye.

If you are unable to contact your eye surgeon, go immediately to the nearest Emergency Department.

Eye drop instructions for the evening of surgery

Using the same eye drops as you used before your surgery, put your eye drops in today at the following four (4) times.

1. _____

2. _____

3. _____

4. _____

- Remove your eye shield to put the eye drops in your eye.
- Wait five (5) minutes between inserting each eye drop.
- After the eye drops are in your eye put your eye shield back on.
- If you are on Glaucoma drops use them as usual the day of your surgery.

Follow-up Appointment:

You have an appointment at the office with

Dr _____

Tomorrow at _____

Eye drop schedule before surgery:

Starting three(3)days before your surgery: Put (1) drop from each bottle in the affected eye four (4) times per day. (When placing different types of drops in your eye, always wait at least five (5) minutes between each type of eye drop)

Prednisolone 1%



(4 weeks)

Ketorolac (Acular)0.5



(1 week)

Zymar 0.3%



(1 week)

Eye drop schedule after surgery:

Week 1 : Day 1-7	Put one (1) drop from each bottle into the affected eye four (4) times per day.
Week 2: Days 8 - 14	Put one (1) drop from Prednisolone into the affected eye three (3) times per day.
Week 3: Days 15 - 21	Put one (1) drop from Prednisolone into the affected eye two (2) times per day.
Week 4: Days 22- 28	Put one (1) drop from Prednisolone into the affected eye one (1) time a day.

If you are on Glaucoma drops continue them up to and including the morning of surgery and continue them after your surgery.

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