

SpaMedica

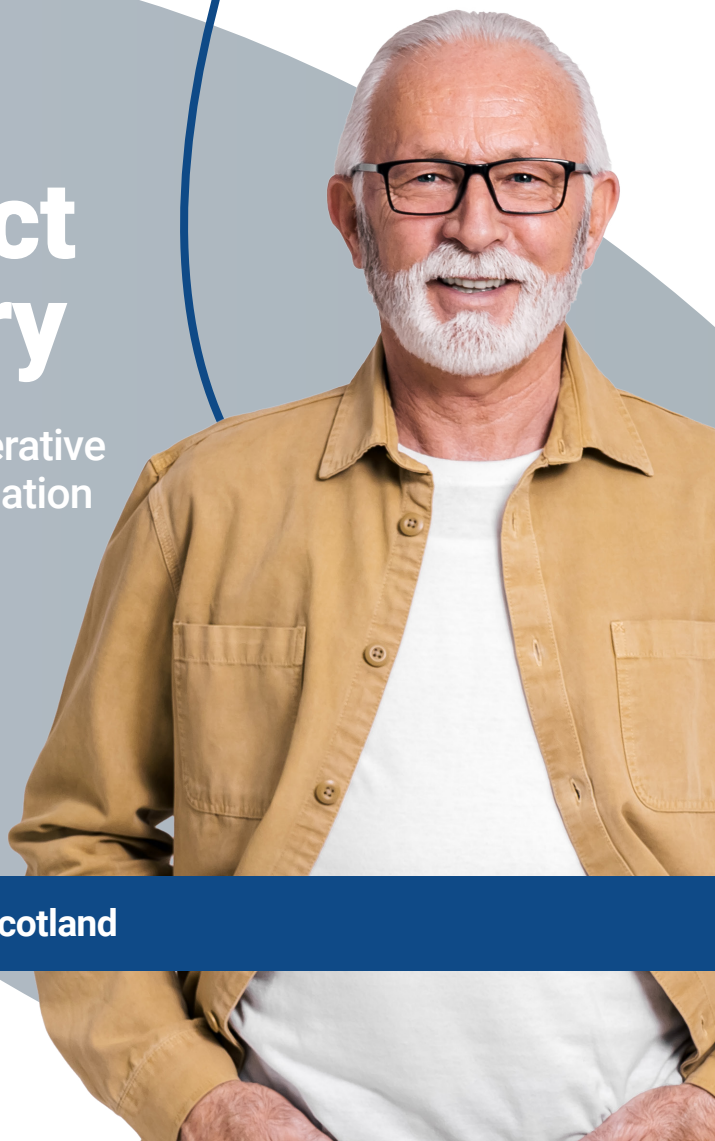
The home of



Freedom
VISION

Your cataract Surgery

Pre and post-operative
guide and information
for patients.



spamedica.co.uk/scotland

Contents

Introduction	3
Our ethos	5
What is a cataract?	6
Appointments	8
Your initial assessment	8
Your expected vision following surgery	10
The cataract surgery	13
Surgery frequently asked questions (FAQs)	14
On the day of surgery	16
Immediately after surgery	20
First day after surgery	21
How to put in eye drops	22
Dry eye	24
Post-surgery frequently asked questions (FAQs)	26
Hand wash guide	30
Post-operative follow up	31
Risks of cataract surgery	31
How to contact us	32
Data protection	33
Feedback and complaints	34

Introduction

We've designed this booklet to provide you with all the information you'll need about cataract surgery, including what cataracts are, what happens during surgery, any related risks, and recovery.

It is important that you read this before your first assessment, and again before your surgery.

We've provided a handy notes page at the back of this booklet where you can list any questions you want to raise with the clinician or nurse at any point in your patient experience.

Would you like a chaperone? It's your choice. This can be a family member, friend or a trained member of our team. Please let us know upon arrival if you would like someone to accompany you for your examination or consultation.



Our ethos

We see the world differently at SpaMedica.

Yes, we have the expertise of some of the UK's leading consultant ophthalmic surgeons and some of the most supportive and friendly people around, but we're different because we know it's not really about us at all; it's all about you and that's why we spend time getting to know the things that matter.

- We want to know why you're considering eye surgery
- We want to find out about you and your lifestyle, so we can help you choose the best option
- We need to know all about your eye health and vision
- We conduct comprehensive eye diagnostics and checks to ensure we recommend the right lens for you
- We take the time to discuss all your options and how these fit you, your life and your future
- We encourage you to ask us lots of questions, so you fully understand every step of your journey to improving your vision

What is a cataract?

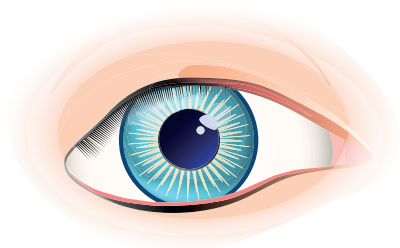
A cataract is a condition in which the natural lens of an eye becomes cloudy and affects vision. Most commonly, cataracts occur in older people, and they usually develop gradually.

Cataracts can usually be treated with a day-case operation, where the cloudy lens is removed and is replaced with an artificial plastic lens (implant). This is normally done under a local anaesthetic with eye drops.

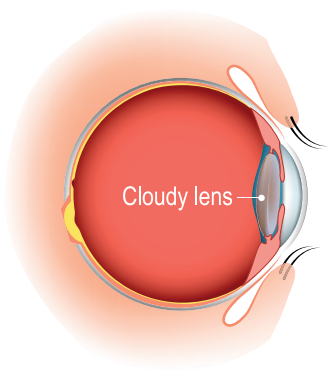
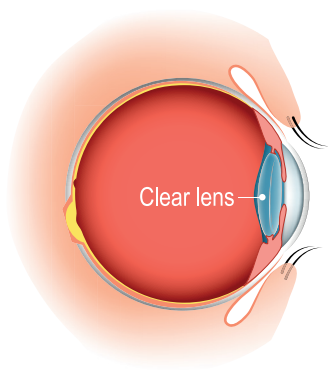
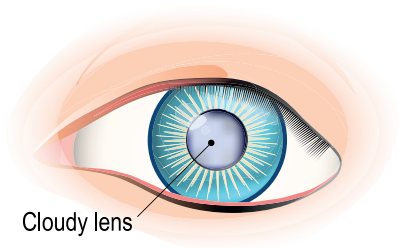
Symptoms of cataracts include:

- Blurred vision
- Difficulty driving at night
- Difficulty watching television and reading
- Dazzled by sunlight and/or bright lights such as headlights of an oncoming car
- Fading of colours
- Frequent changes to spectacle or contact lens prescription

Healthy eye



Eye with cataract



Appointments

There will be multiple visits to complete your treatment during the process of having cataract surgery. These will include but are not limited to:

1. Your initial assessment
2. Your cataract surgery
3. Your post-operative follow up

Your initial assessment

Your pre-operative assessment will take place in our treatment centre. You will be with us for up to 3 hours. You will be assessed by our clinical team to ensure that cataract surgery is right for you.

It's important to bring the following with you:

- Your completed health questionnaire, if one has been sent to you
- A list of current medications
- Your current prescription spectacles
- Any questions you may wish to ask at your appointment
- If you have glaucoma, please bring your consultant details
- If you are diabetic, please bring your record book with you
- If you take warfarin, please bring your INR record (yellow book) with you

Important points:

- You must not drive to your appointment because you will have your pupils dilated, nor drive after your appointment for at least 6 hours
- If you have had any previous eye surgery, including previous laser eye correction surgery, please bring this information to your appointment (if you have it)
- Please inform us if you are prescribed with any antibiotics for any reason in between your pre-assessment appointment to surgery appointment
- Contact lenses must be removed prior to your pre-assessment appointment
 - For soft contact lenses; please remove 2 weeks before
 - For gas-permeable/hard contact lenses; please remove 4 weeks before

Your expected vision following surgery

Cataract surgery involves placing a new lens implant in your eye and a large number of our patients experience an improvement in their vision as a result. We have a variety of lenses available to try and achieve the best post operative results.

We use the latest technology to measure the length and shape of your eye, which enables us to determine the ideal power of the lens for your specific needs.

It's routine to plan the power of your lens to leave you with minimal requirement for glasses to see clearly in the distance. On rare occasions, we may discuss leaving you short-sighted or long-sighted if we feel this may be of benefit to you.

These are some of the terms you may hear during your consultation:



Monofocal lenses

Monofocal lenses are a single point of focus lens, either fixed for distance or near, not both.

You may need glasses to correct the vision the monofocal lenses did not correct.

Myopia (short-sighted)

You'll be able to see close up but will require glasses or contact lenses to sharpen your distance vision.

Emmetropia (normal-sighted)

You'll be able to see at a distance but will need glasses for near vision. For patients that are currently slightly myopic and can read without glasses, it's important to understand that with an emmetropic outcome you will need to wear glasses following surgery to read.

Hypermetropia (long-sighted)

Glasses will be required for distance and near vision.

Astigmatism

If there's a significant astigmatism, a type of refractive error in which the eye does not focus light evenly on the retina, glasses will be needed at all distances to see clearly. If you have astigmatism, this can be corrected with a toric lens.

Monovision

One eye is focused for near, while the other is for distance. This can be visually confusing, and we can only create a monovision outcome if your optometrist confirms in writing that you are used to monovision, and that it is in your best interest.

Multifocal

These lenses are designed to give clearer vision at a range of distances. However, you may still need reading glasses for very small print or detailed tasks.

Patients that have had previous laser vision correction surgery

Laser vision correction surgery is usually performed privately to reduce dependence on spectacles for distance vision. The anatomy of the cornea is altered by this treatment, and as a result the calculations used to determine the correct lens power implant can be inaccurate in a small proportion of cases.

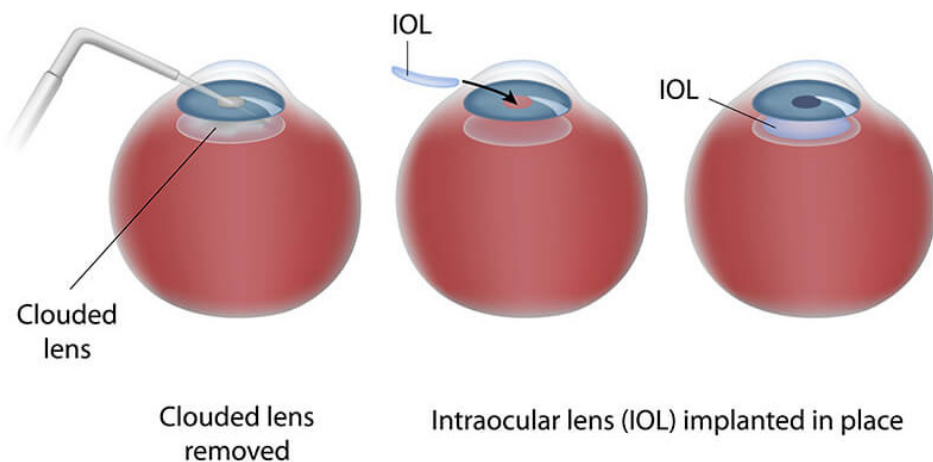
Whilst every care is taken to choose the correct power of lens, a refractive surprise may occur, where you will need to wear spectacles for distance and for near vision.

The cataract surgery

A cataract operation is performed using a short procedure called phacoemulsification. This is where the surgeon inserts an ultrasound device into the eye to break down the cataract which can then be removed.

Once the cataract has been removed, the surgeon will insert the new plastic intraocular lens (IOL) in its place.

In some cases, cataract surgery can be performed on both eyes on the same day. Your consultant will review your individual circumstances and discuss the most appropriate approach with you during your consultation. Please note that same-day treatment for both eyes is not available at all clinics.



Surgery FAQs



Will I feel anything?

We will use eye drops to numb your eye so surgery should not be painful. You will still feel pushing and pressure on the eye that is being operated on. You will need to look at a bright light throughout surgery.

Do I need to lie flat?

Yes, you will need to lie flat. We can provide an additional pillow support if required.

Will I see anything?

Your vision will be very blurred as a result of the dilating eye drops. You will also have a small pellet placed inside the pocket of your lower eyelid for further dilation. This will be removed prior to the surgery.

Can I blink during surgery?

We use a small clip to hold your lower and upper lids open during the procedure.

What if I need to sneeze/cough or feel discomfort?

You will be shown how to communicate with the surgeon if you need to.

When should I remove my contact lenses?

Remove all contact lenses 24 hours before surgery.

How long does the surgery take?

Routine cataract surgery normally takes up to 20 minutes. However, you will be with us for up to 3 hours.



On the day of surgery

Please:

- Have a light meal before arriving for your operation
- Take all of your medications and eye drops as usual
- Wear comfortable, loose fitting clothing – you won't need to get undressed for the operation
- Don't wear any make-up
- Don't drive yourself to the appointment
- Arrive at the time given in your appointment letter
- Try not to bring any valuables with you – we have lockers for you to leave your belongings during surgery, but we cannot guarantee their safety

Please note:

- You will be with us for up to 3 hours
- We recommend that someone takes you home after your surgery

At reception

Your dedicated SpaMedica team member will greet you for your appointment.

In the Treatment Centre

Your pupil will be dilated in preparation for surgery, using several eye drops or a pellet inserted under your lower eyelid.

Please tell the nurse if anything has changed since your pre-operative assessment, for example, new medication, illness or eyesight change before going to theatre, where anaesthetic and antiseptic drops will be placed into your eye.

Your consultant ophthalmologist will visit you in the treatment centre or in an anaesthetic room.

Drops to further dilate the pupil may be placed in the eye to be operated on before your surgery. These drops will blur your vision for up to 4 hours, and sometimes longer.

In theatre

You'll be taken into the operating theatre, where the nursing team will make you comfortable on the operating bed. The area around the eye will be cleaned with a surgical skin cleaner containing iodine. Your face, head and chest will be covered with a protective sheet to create a sterile barrier.

This sterile sheet is adhesive and sticks to the skin around the eye. Removing it at the end of the procedure is like having a sticky plaster removed, so we perform this as delicately as possible for your comfort.

We will remove hearing aids on the side of the surgery just before the operation. Water is used to moisten the eye during the procedure. This sometimes gets behind the surgical sheet and can run down into your ear or neck. The water is coloured with iodine and may be difficult to wash out from white clothing.

The surgeon will use a high-powered microscope to perform the surgery and the light is very bright. You'll be asked to look straight into the light so the operation can take place.



**The procedure
should not be
painful and
normally takes up
to 20 minutes.**



Immediately after surgery

- Expect a dull ache over your eye and head – we suggest you take painkillers, such as paracetamol, every 4-6 hours, in accordance with the correct dosage
- Expect your vision to be blurred
- Expect a scratchy, gritty feeling in the eye
- You can expect a watering eye
- If you have prescription eye drops for other conditions, such as glaucoma, please continue to use as prescribed
- DO NOT rub your operated eye
- We recommend you don't wear a mask or face covering for the first 3 days after surgery
- If you have taken or been given an oral sedative on the day of surgery you **MUST** be taken home and accompanied overnight by a responsible adult

When you get home, you must start your post-operative eye drops as prescribed by SpaMedica.

First day after surgery

- Wash and dry your hands
- Remove and discard your shield

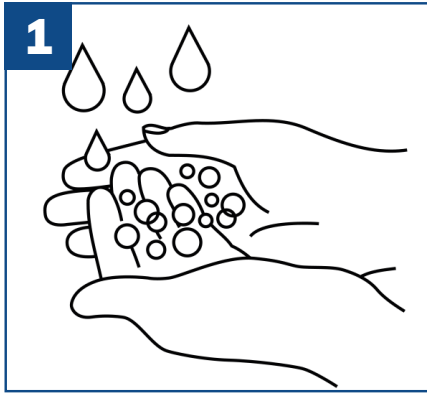
It is normal for your eye to be sticky in the morning following surgery. Using the sterile swabs provided, soak in cooled, boiled water and clean the eyelids, both top and bottom, carefully. Wipe once across your closed eye, from the nose towards the ear. Discard the swab and repeat if needed. Always remember to wash your hands before and after cleaning the eye (see hand washing guide on page 30).

It is common to experience:

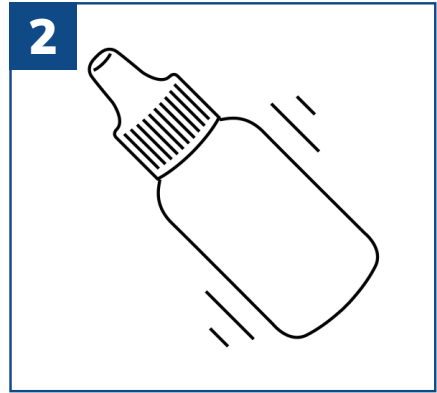
- Blurred vision
- Redness
- Grittiness
- Scratchy/foreign body sensation
- Watering
- Soreness
- Light sensitivity

These symptoms should ease with the use of prescribed eye drops and artificial tears provided to ease dry eye.

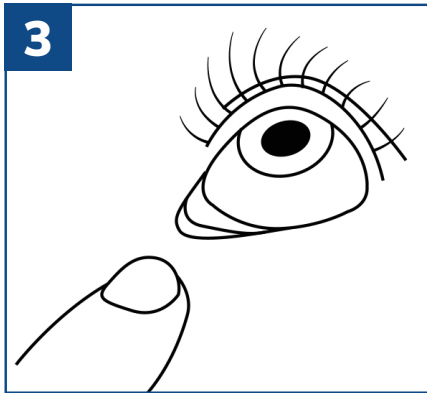
How to put in eye drops



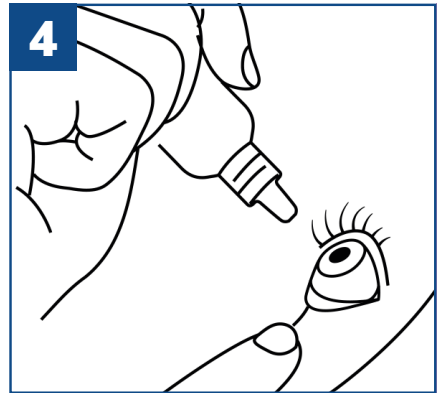
Wash your hands with soap and water (see hand washing guide on page 24).



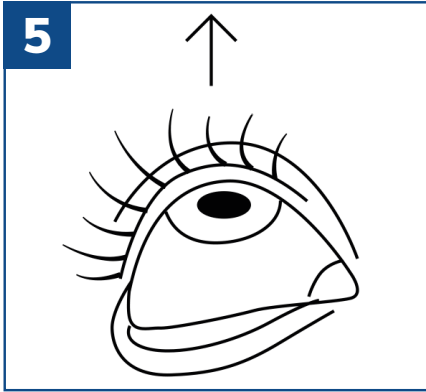
Gently shake or tap the bottle.



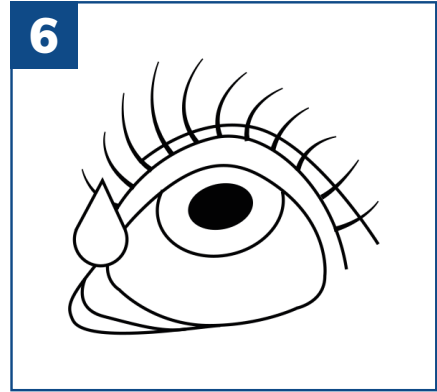
Sit down and tilt your head back. Pull down the lower lid with a finger, to make a space between your eyelid and eye.



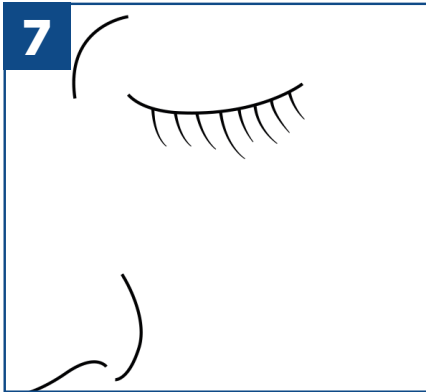
Hold the bottle over your eye with your other hand, being careful not to touch the tip of the bottle on the eye or skin.



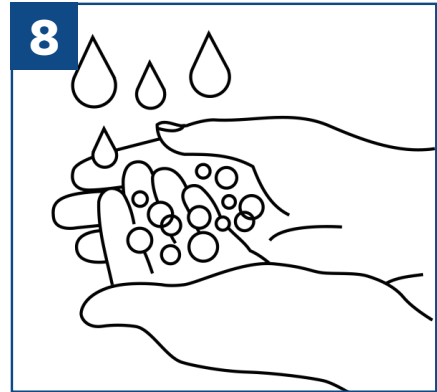
Look up.



Squeeze the bottle so one drop falls into the pocket of your lower lid.



Close your eye gently.



Wash your hands again with soap and water (see hand washing guide on page 24).

Dry eye

Dry eye following cataract surgery is very common.

Symptoms of dry eyes may include redness, grittiness, a sensation of something in the eye and watering.

If you already suffer from dry eye, then cataract surgery can make your symptoms worse. We recommend continuing to use your dry eye drops regularly leading up to your cataract surgery to keep the surface of the eye as healthy as possible in preparation.

Occasionally, the symptoms of dry eye may continue for a few months after surgery. This is not unusual. You should continue to use drops to assist in lubricating your eyes and to reduce discomfort. If you have persistent dry eye symptoms, please seek advice from your community optometrist.

Eye drops

We will give you a bottle of Aeon Protect Plus Dry Eye Drops pre-surgery and in your post-operative bag to use as and when you require.



These are also available to purchase from your local optician or pharmacy. We suggest you use these drops in the days before and after your surgery for added comfort and lubrication – every mealtime and bedtime. Use them alongside your prescribed eye drops, but leave an interval of 5 minutes.

Post-surgery FAQs



Please find below a list of commonly asked questions.

Should you have any other queries, please ask your nurse on the day of your operation.

Will my vision be blurred?

It is common to experience blurred or foggy vision, especially the next morning, but this should improve over time.

How will my eye feel?

Your eye may be gritty, red and scratchy. This can sometimes take a few weeks to fully recover from.

When can I drive?

Once you've had your follow up appointment, the optometrist will confirm if you have reached legal driving standard.

Will I need spectacles?

After your post-op check, your community optometrist can discuss new spectacles with you.

When can I exercise?

It is OK to resume light exercise from 1 week following surgery. Please avoid swimming or gardening for 2 weeks. Also, be careful to avoid dusty environments for 2 weeks following surgery.

When can I wear makeup?

Please refrain from wearing eye makeup for 1 week following surgery and applying false eye lashes or any other cosmetic or aesthetic treatment near the eye for 2 weeks.

Why does it feel like there is something in my eye?

A scratchy feeling is quite normal for a few days, and relates to the healing process following surgery. Please use dry eye drops to help make your eyes more comfortable if you experience this.

Can I wash my hair?

You can wash and bathe as normal. Try to avoid getting soap and water in your eyes for one week after surgery.

Can I rub my eye?

No. Please do not rub the operated eye. It is important to keep it clean.

When can I return to work?

Most people can return to work the day after their cataract operation. Contact sports or roles involving control and restraint or working in a dusty environment should be avoided for a little longer (2-4 weeks) but are best discussed with your surgeon.

Can I fly?

Our recommendation is to wait until your post-operative check before you fly. However, if it is unavoidable, the Civil Aviation Authority (CAA) recommends waiting 1 day following simple cataract surgery before flying. If you do go out of the country, please be aware that any urgent and emergency treatment from SpaMedica will not be available.

Why do colours look different?

You may notice or perceive colour differences between the treated and untreated eye. This is quite normal.

Shall I continue previously prescribed eye drops?

Yes, always continue to take all prescribed eye drops, provided they are in date.

Can I bend down or lift anything?

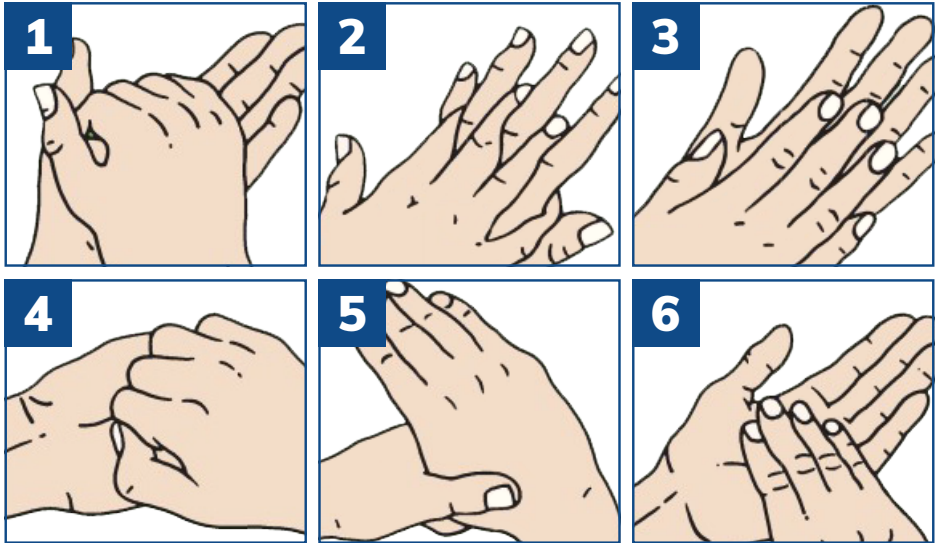
Within reason, avoid lifting heavy objects and continuous bending for 1 week.

When should I have my check up?

Your follow-up care will be discussed during your pre-assessment appointment. We'll let you know the most appropriate follow-up option for you, which may include seeing your local optometrist.



Hand washing guide



1. **PALMS** - Wet hands with water and apply enough soap to cover all hand surfaces. Rub hands palm to palm.
2. **BACKS OF HANDS AND BETWEEN FINGERS** - Rub back of each hand with palm of other hand with fingers interlaced.
3. **BETWEEN FINGERS** - Rub palm to palm with fingers interlaced.
4. **FINGER NAILS** - Rub with back of fingers to opposing palms with fingers interlocked rubbing fingernails to hand.
5. **THUMBS** - Rub each thumb clasped in opposite hand using a rotational movement.
6. **FINGER TIPS AND WRISTS** - Rub tips of fingers in opposite palm in a circular motion. Rub each wrist with opposite hand in a rotational movement.
7. **RINSE AND DRY** - Rinse hands with water. Use elbow or clean towel to turn off tap. Dry thoroughly with a clean dry towel.

Post-operative follow-up

Your follow-up care will be discussed during your pre-assessment appointment. We'll let you know the most appropriate follow-up option for you, which may include seeing your local optometrist.

Please continue using your eye drops as prescribed after your surgery. If your follow-up includes a dilated eye examination, please do not drive, as the eye drops used may temporarily blur your vision.

Your eye care professional will examine your eye and check that it is healing as expected.

Risks of cataract surgery

Having cataracts removed is one of the safest surgeries that you can have. It's also the most common operation performed in the UK today, with around half a million surgeries carried out per year in the UK.

Like any surgical procedure, there are still risks involved, and at your initial assessment the clinician will take time to explain these and you will have the opportunity to ask questions.

The risk of serious complications developing as a result of cataract surgery is very low. Most common cataract surgery complications can be treated with further eye drops or surgery. There is a very small risk - around 1 in 1,000 - of permanent sight loss in the treated eye as a direct result of the operation.

How to contact us

General enquiries

For non-urgent questions relating to your surgery, contact us for:

- Appointment information
- Questions about your treatment

Tel:

01355 640500

(Mon to Fri, 9am - 5pm)

Email:

**referrals.scotland@
spamedica.co.uk**

Emergency help

Call us immediately if you experience any of these symptoms:

- Extreme pain
- A severe persistent frontal headache with nausea and vomiting (even after paracetamol)
- A progressive deterioration of vision, or loss of vision

Tel:

0161 838 0883

24 hours a day,
365 days per year

Data protection

We'll only share information about you and your health with:

- Any NHS or other organisation with the responsibility for investigating any unexpected event, result, or any complaint
- Any person involved with your treatment or care, before, during and after your treatment

Research

Anonymous or aggregated data from your patient information may be used by SpaMedica, or disclosed to others, for research or statistical purposes and registered with such bodies. Your identity will not be disclosed, or any information which may reveal your identity.

Telephone calls

In the interest of continually improving our services to patients, your calls to the hospital may be monitored and/or recorded.

Feedback and complaints

SpaMedica always listens to our patients and we value your feedback. Please let us know what we do well and what we can do better.

If you are not happy with the service you have received, please speak to a member of staff with any concerns or write to us at the address below.

Address:

Chief Operating Officer,
SpaMedica Head Office,
43 Churchgate,
Bolton, BL1 1HU





Scan the QR code or visit
spamedica.co.uk/scotland
to find out more about
cataract surgery



Contact us

Call us on the below number for general enquiries:

Tel: **01355 640500** (Mon - Fri, 9am - 5pm)

Email: **referrals.scotland@spamedica.co.uk**

spamedica.co.uk/scotland