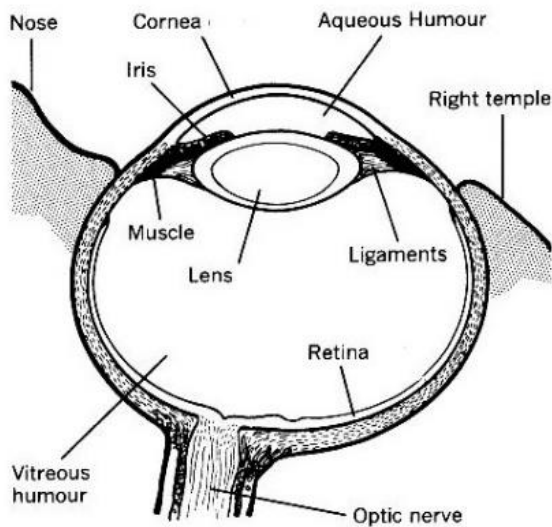


**Note:** If you must cancel your surgery, please call Dr. Walker's office at 519-273-2370. If you are cancelling on the morning of surgery, please call Patient Registration at 519-482-3440, ext. 6275.

If bad winter weather is being forecasted for the day of your surgery and you live outside of Clinton, you may wish to arrange for overnight accommodation and arrive a day earlier.

### What is a cataract?



*Horizontal cross section of a right human eye*

Inside your eye is a natural lens that helps your eye to focus on objects. As people age, the lens can gradually become less clear, harder and even cloudy. This cloudiness in the lens is called a cataract. Surgical removal of this cloudy lens is the only known cure.

The main reason for cataracts is aging but cataracts can also develop because of: ultraviolet radiation from sunlight, diabetes and/or an eye injury.

Unfortunately, other co-existing eye problems such as glaucoma, macular degeneration or diabetic changes may somewhat limit your

vision recovery. Your doctor will discuss the surgery with you and will answer your questions.

## **Cataract Surgery**

To improve your vision, a tiny incision is made at the side of the cornea (the clear part of your eye); your surgeon will remove the cloudy lens using an ultrasonic device, and replace it with an artificial lens. This is known as an **intraocular lens implant** (IOL) and it will provide you with the most natural vision possible.

The lens implant is permanent. You cannot feel it. The incision will take up to eight (8) weeks to completely heal, and during this time your vision will gradually improve.

Over 90% of patients enjoy an uneventful recovery, though about 5% need extra recovery time, depending on the amount of post-operative swelling.

Cataract surgery is a common procedure that is quite safe. Most patients see better after they get their new lens. However, as with any surgery, there is a small chance that you might have some problems. The more serious complications with an IOL are severe infection inside the eye (in about 0.05% of cases), retinal detachment, and fragments of the old lens remaining because the surgeon had difficulty in removing the lens. Even with these complications vision can usually be saved.

## **Foldable Lenses**

Rigid lenses, which were used for many years with good results, are seldom used at present. They have largely been replaced by foldable lenses. These can be inserted into the eye through a smaller opening than was needed for rigid lenses. The smaller wound offers the advantages of less post-operative pain, more rapid visual recovery, more stable corrected vision, less likelihood of requiring glasses after surgery, and fewer post-op restrictions on activities.

## **Pre-operative Testing**

Your surgeon will check your eyes to determine if and when you need surgery, and they will also determine the strength of lens that your eye requires to give you clear in-focus vision.

## **Prescribed Drops**

You will be given a prescription for drops. Your surgeon will advise you on proper usage of the drops.

## How to put drops into the eye



1. Wash your hands before and after applying eye drops.
2. Pull the lower eyelid down.
3. Put the drops into the space between the lower eyelid and the eyeball, as shown in the drawing.
4. Close the eye gently, then wipe away any drops or tears with a tissue.
5. Wait five (5) minutes between different types of drops.

## Before Your Surgery

- If you have drops for other conditions, such as glaucoma, continue applying those drops.
- Arrange to have someone drive you home after your surgery.
- Notify your family doctor if you develop a cold or infection.
- Shower or bathe on the evening before, or on the morning of your surgery.
- Bring a list of any changes to your medications.
- Remove all nail polish and make-up.

## Smoking/Vaping

There should be **no** smoking or vaping for 24 hours before your surgery. Smoking/vaping affects your heart and lungs. You are advised to reduce and preferably stop smoking/vaping for two (2) weeks before your surgery. Please contact Huron Perth Public Health at 1-888-221-2133 (Huron County) or 1-888-221-2133 ext. 3722 (Perth County) to speak with a smoking cessation Public Health Nurse. Smoking/vaping is not permitted anywhere on HPHA property.

## On the Day of Surgery

- On the day of your surgery, enter the HPHA Clinton Public Hospital through the Emergency Entrance and then proceed to the Ambulatory Care Clinic on the first floor to register.
- **Do not** eat after midnight (clear fluids to take medications are allowed up to two (2) hours before admission).
- If you are diabetic, take a blood sugar reading in the morning and report the result to the nurse. **Do not** take any diabetic medications, but bring them with you to the HPHA Clinton Public Hospital.

- Take your other medications, unless your surgeon or family doctor have advised otherwise.
- Bring your eye drops and this information sheet with you.
- Wear a short-sleeved shirt or blouse with buttons on the front. Avoid undershirts, pantyhose, girdles, perfumes and after-shave lotion.
- Bring your health card, but leave all other valuables, including cash, credit cards, jewelry and watches at home.
- Many patients appreciate having sunglasses to wear after surgery.
- Bring inhalers (puffers) with you if you have asthma or a lung condition that requires them.
- The person who will be driving you home is advised to wait in the waiting room during your procedure.

## **When you are in the Surgical Day Care Unit**

### ***Before your surgery***

- At the hospital, you will be asked for the name, address and telephone number of the person accompanying you. They will be contacted by Day Surgery Staff when you are ready to go home. Plan to have someone stay with you for 24 hours after your surgery.
- Your nurse will review your chart, and may ask a few questions.
- Your blood pressure, pulse and temperature will be taken and recorded.
- Drops will be put into your eye to dilate your pupil and “freeze” your eye.
- If you are diabetic a nurse may check your blood sugar.
- An intravenous (I.V.) may be started.
- You will be taken on a stretcher or special chair to the operating room.

### ***After your surgery***

- You will have an eye shield in place over your eye, and this must be left on (as per your surgeon’s instruction sheet).
- You will be returned to the Surgical Day Care Unit for about 60 minutes.
- Your blood pressure and pulse will be checked.
- If you had an I.V. it will be removed, and you will be given something to drink.
- A nurse will go over the post-operation instructions, including the time and place of your follow-up appointment.

## When you are back at home

- Continue your eye drops when you get home, administering the drops four (4) times per day, including suppertime and bedtime.
- **Do not** rub or touch the eye.
- We recommend that you have someone stay with you the night after the surgery.
- There will be some watery discharge and tears from the eye. Clean this away **gently** with plain warm water in a soaked tissue or cloth each morning.
- Quiet activity is advised.
- You may read, watch TV, climb stairs and look in all directions, even toward the floor.
- Take acetaminophen (Tylenol) for discomfort and/or dimenhydrinate (Gravol) for nausea as needed.
- Continue your normal diet and medications.
- Wear your eye shield when you go to bed for one (1) – two (2) weeks and in windy and/or dusty environments.

## Following Eye Surgery

- Bring eyeglasses or sunglasses to follow-up appointments.
- Continue to use the prescribed eye drops as instructed by the prescription and surgeon.
- **Do not** rub or press on the operated eye for two (2) weeks
- Wear regular glasses in the daytime and eye shield when you sleep as directed by surgeon.
- **Do not get water or soap in the eye.** Keep your eye dry while bathing or showering. Let the water hit your back, not your face. You might wish to wear the eye shield for a week while showering. Do not go swimming for one (1) to two (2) weeks.
- Avoid excessive exercise or strain. Do not lift anything heavier than 10 lbs for one (1) week after surgery. Gradually increase your activity on the advice of your surgeon.
- **Do not** put your head below your waist when bending over for two (2) – three (3) days. Sit on a chair to put on your shoes.
- Try to sleep on your back or un-operated side (placing a pillow between your knees may help you avoid turning over during your sleep). Do not sleep with pets for one (1) week.

- Most patients may return to work in two (2) – three (3) days. Discuss time off work with the surgeon.
- You may drive after a few days provided your eyes have vision legal for driving. Discuss this with your surgeon.
- Do not fly for two (2) weeks.
- Drink lots of water to avoid constipation.
- **Do not** play contact sports for one (1) month
- Avoid wearing eye makeup for two (2) – three (3) days
- Avoid dental work for one (1) month
- Avoid getting a massage for one (1) week

### **What about my old glasses?**

Your previous glasses may need a change on the side with the new lens. Your surgeon will advise you once your surgery has healed.

### **Special Post-Operative Instructions**

***Go to your local Emergency Department if you have any of the following:***

- Fever or chills
- Bleeding or mucous discharge from the eye
- Persistent nausea or vomiting
- Sudden worsening of your vision
- Severe pain or swelling of the eye that had surgery

### ***The following are normal:***

- Scratchy sensation, feeling like there is a foreign body in the eye for up to two (2) weeks. Use artificial tears, or take acetaminophen (Tylenol) to ease the discomfort.
- Feeling tired, especially during the first 24 hours.
- Headache and upset stomach.
- Red, bruised or bloodshot eye for one (1) week.
- Blurred vision that gradually improves.

## Special Instructions

**Patients of Dr. J. R. Walker H.B.Sc., MD, D.A.B.O., FRCSC**

**Office Phone: 519-273-2370**

- There is a questionnaire in the brown envelope to complete and return to surgeon's reception desk, within two (2) days of receiving it. Alternatively, the questionnaire may be faxed to the HPHA Clinton Public Hospital at 519-482-8774 with your name printed at the top.
- Fill your eye drop prescription at least four (4) – five (5) days prior to the surgery. Be sure to take the drops with you to the hospital.
- Call the office if you have any questions.

### **Please note**

For 10-15% of patients, their vision in the eye that had surgery becomes cloudy again, up to a year or two after the surgery. Consult your surgeon (or an optometrist if your surgeon is not available) to determine the cause. Frequently, this is caused by cloudy scarring of the natural capsule that holds the new plastic lens.

Your surgeon will discuss how this can be managed if this develops.

### **Appointments**

Surgery

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Follow-Up Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_