

## DO'S

- Ensure that water and soap does not enter eye when washing face or bathing.
- Read papers, watch TV or go out for walks.

## DONT'S

- Lifting heavy weights / small children
- Sleep on the side of operated eye.
- Use make-up especially around the eye.
- Let soap /shampoo from entering the eye.
- Bending down. For muslims, sitting prayers are advocated during the recovery period)
- Go to crowded or dusty area
- Strain while opening bowel.
- Gardening or swimming.

## IMPORTANT

### If any of the following is present:

- The operated eye becomes red or painful.
- The operated eye has excessive eye discharge.
- Your vision is worsening.
- Any injury to the operated eye.

### Seek Medical Treatment :

Mon – Friday  
0800 - 1700

→ Eye Clinic

Sat - Sun  
Public Holiday

→Trauma &  
Emergency

The information herein is aimed at preparing you for the cataract operation. If you have any questions or doubts, feel free to approach any of the eye staff. For further enquiries, kindly contact us at:

Eye clinic : 03 79492396

Eye ward : 03 79492694

### References:

- 1.Wasfi El, et al (2008). Patient satisfaction with cataract surgery.
- 2.Rose K, et al (1999). Management of day-surgery patients with cataract attending a peripheral ophthalmic clinic.
- 3.Latham B, et al (1992). Cataract patients' post-op eye-care : development and evaluation of a teaching program.

### Prepared by:

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### Any enquiries please contact:-

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# CATARACT SURGERY



## CATARACT

## ADMISSION DAY

## EYE CARE AT HOME

**Cataract is cloudiness of the natural lens in the eye.**

### Common causes:

- Aging
- Diabetes Mellitus
- Smoking
- Ultraviolet light
- Injury
- Born with cataract (congenital)

### Sign and Symptoms :

- Blurred vision
- Difficulty in reading
- Frequently change glasses
- Vision worsened in bright light
- Advanced stage : white spot appear in the centre of the eye.

**Treatment :** Depends on the severity of the cataract :

- Early stage : spectacles
- Advanced stage : Surgery

- Ensure that the replacement lenses have been purchased.
- Bring along daily items (towels, toothbrush, cleanser, tissues, toilet papers) and your medications.
- The general and eye assessment will be done by doctor.
- Fast at least 6 hours before operation.

## DAY OF OPERATION

- Have a shower and shampoo your hair.
- Do not put on any make-up or hair creams.
- The affected eye will be marked and dilate.

## AFTER THE OPERATION

- Rest in bed at least 6-8 hours.
- Do not touch or rub the eye.
- Use eye shield at all time.

## BEFORE DISCHARGE

- Health teaching on proper eye care techniques will be explained..
- An appointment for the next follow-up will be given.

1. Eye Dressing : (Four times a day)
  - Wash hands with soap and water.
  - Use a cotton ball, dip it in cool boiled water (kept in a clean container), then squeeze off excess water.
  - Wipe upper and lower eyelids from the inner to the outer part of the eye



2. Eye drops / Ointment :
  - Instill eye drops / apply ointment to the inner part of lower lid as prescribed by doctor.



3. Eye Protection :
  - **Eye Shield** : Wear eye shield at all times especially when asleep for at least three weeks. Clean with soap and water every morning.
  - **Sun Glasses** : Wear dark sun glasses whenever you go out