



Instructions for your cataract surgery

At the morning of your surgery you can have a light breakfast and your medication (if you take any) unless advised otherwise. If your surgery is set under general anaesthesia or sedation, fasting is necessary starting about six hours before your surgery. Regarding your own medication separate instructions will be given. Please do not use any make-up around your eyes. If you use any eye drops you can use them in the morning before your surgery. Make sure you are supplied with a new bottle to use after the surgery. If you have red eyes or secretions you need to inform us as soon as possible.

You need to arrive at the clinic at least 45 minutes before the time of your surgery. You need bring with you the results of the requested blood tests. They should include blood count, blood glucose, urea, creatinine, serum sodium, serum potassium (not older than 6 month time). An ECG will be carried out at the clinic (if you recently had one, please bring it with you). You ought to bring a list of your medication and allergies that you might have. Dilating drops will be placed in your eye.

Cataract surgery is considered a day-case procedure and no overnight stay is required. The surgery takes 30 to 60 minutes and is usually performed under local anaesthesia (anaesthetic drops are used and occasionally an injection around the eye is given). During the surgery you will be laid flat and your head can be slightly tilted forward if you have any breathing problems. A cover will be placed over the head in order to keep everything sterile. If you are claustrophobic you need to tell us. The procedure is painless but if you feel discomfort or pain you should let us know so we can top up the anaesthetic. If during surgery you need to cough or move for any reason, you have to tell us first.

After the surgery you will require someone to accompany you home. The operated eye will have a patch which you will remove next morning. Drops will be used according to the plan listed below (unless different instructions are given). During the first day your sight is expected to be a bit blurry but it will soon improve. If you feel any pain, you have eye secretions or low vision you need to inform us the soonest (some discomfort or foreign body sensation is normal within the first couple of days).

During the first week the eye should not get in contact with tap water. During the first 2 weeks you should avoid dust, bending, lifting of weights and rubbing of the eyes. In every case you should keep a high level of hand hygiene and avoid touching the eyes.

Post-op medication:

Coll Dispersadron- C 1drop x 6 times per day for 1 week
 1drop x 4 times per day for 3 weeks
 1drop x 2 times per day for 2 weeks

Coll Vigamox 1drop x 4 times per day for 10 days

Coll Yellox 1drop x 2 times per day for 4 weeks

You are not required to wake up at night to use your drops (unless instructed)