

Understanding Cataract Surgery

What is Cataract?

The human eye as you know is like a camera. The eye, just like in a camera has a transparent lens that transmits light rays to the retina. When this lens becomes cloudy, it is known as Cataract.

Now that you have been diagnosed to have cataract, you may like to know about the options available for Cataract surgery.

Small incision Cataract Surgery

Here the Cataractous lens is removed through an incision of 6mm and a rigid lens inserted. The incision is closed with a fine stitch (suture).

Phacoemulsification

The incision here is 2.8 mm or less. The cataractous lens is removed through a probe which releases ultrasonic waves that breaks the lens into fine pieces. These are later sucked into the probe. A foldable lens is inserted into the eye. The incision self heals. There is no need for stitches. The eye heals faster.

The types of intra ocular lenses

The lenses that are implanted in the eye can be **unifocal** or **multifocal**. The unifocal lens enables one to see distance clearly and multifocal lens enables one to see both distance and near clearly. **Toric** lenses correct for astigmatism in the eye. These lenses can be either Indian or Imported. At JosEye, we implant all types of lenses.

Once you and your surgeon have decided on the type of surgery and the type of intra ocular lens that you would need, the date and time of your surgery would be fixed.

Preparation for surgery

You may be required to undergo the following investigations

ECG, Blood Sugar (Fasting & post prandial). You will also need to get medical clearance before surgery.

Diabetics and Hypertensives need to continue their prescribed medicines.

Please inform the doctor if there is redness, pain or discharge from the eye to be operated.

Kindly inform if there is constipation or **known drug allergy**.

Please apply the prescribed antibiotic eye drops 4 times a day for 3 days before surgery.

You can have head bath on the day before surgery.

Please wash your face well with soap and water on the day of surgery

No dirty nails please.

Admission

You are usually admitted an hour before the time of surgery.

Diabetic patients and patients with ischaemic heart disease may be admitted a day earlier.

You can have breakfast before admission.

ECG & Blood reports to be brought at the time of admission.

Nose & ear studs to be removed before being taken to the theatre.

The operation

You would be taken to the operation theatre about 20 mins before surgery.

The surgery time is usually not more than ½ hour.

You may have to stay in the recovery room for half hour or so. If you have any cardiac problem or if you are a diabetic or hypertensive with any associated complications, you may have to be kept in the recovery room for a longer period.

Post Operative Care

You can have a normal diet. Diabetics and Hypertensives can continue their prescribed diet.

Please inform the nurse on duty if there is pain of the operated eye or if there is nausea or vomiting.

Discharge

Most patients are discharged within 2 hours of surgery.

Your surgeon will examine the operated eye just before discharge or the next morning.

You would have to apply the prescribed antibiotic 2 hourly till you see your doctor the next day.

Kindly bring the prescribed eye drops and tables on the day of review.

Notes on general care after surgery

Keep your hands away from the operated eye.

Do not stoop.

Do not lift heavy weights for three weeks.

Do not strain when you are in the rest room.

You can brush your teeth and comb you hair.

You may shave. Let not soap & water enter the operated eye.

Avoid visiting crowded places like weddings & super markets for a week.

Avoid cigarettes & alcohol for a month. Giving it up altogether would be even better.

Review

Kindly bring the prescribed eyedrops & tablets at each review.

If there is any pain or redness or drop in vision of the operated eye, please do not hesitate to call **Joseph Speciality Eye Clinic and Surgical Centre at 044 26801798 / 9600096585**