



Patient & Family Guide  
2019

# Cataract Surgery

Aussi disponible en français :  
*Opération de la cataracte* (FF85-2062)

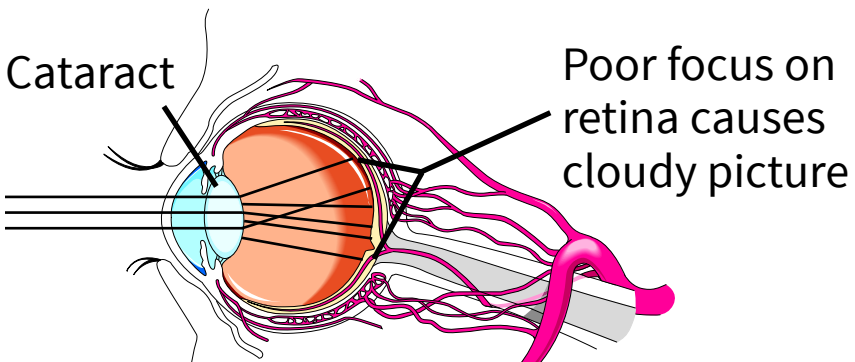
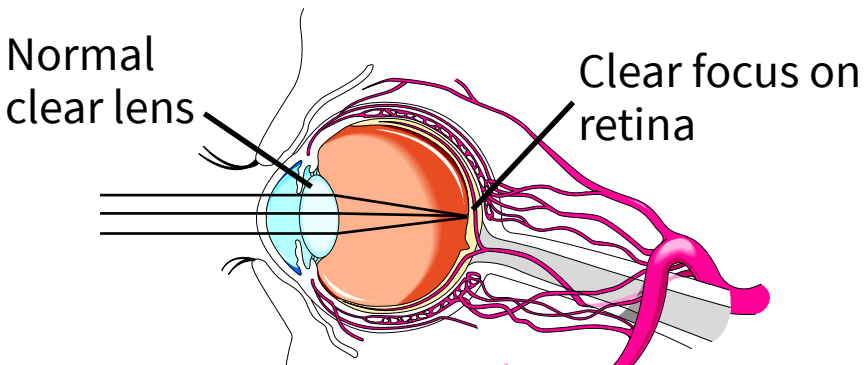


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# Cataract Surgery

## What is a cataract?

A cataract is a clouding of the lens of your eye. The centre of the lens hardens, making it hard for the eye to focus light. Common symptoms of cataracts are blurred vision and a glare of halos around lights. Cataracts can be caused by aging, eye injury, disease, and some medications.



# Cataract surgery

Cataracts can be removed easily with new surgical techniques. This is usually done using a local anesthetic. This means you are awake during your surgery. The doctor will give you medication to freeze your eye(s). You may also be given medication to help you relax.

The surgeon will make a small incision (cut) in the front of your eye. The cataract will be removed and a new plastic lens will be placed in your eye behind your pupil.

## Day of surgery

- Read the pamphlet *Getting Ready for Eye Surgery*.
- The nurse will place drops in your eye.
- You may have an IV (intravenous) placed in a vein in your arm. Medication will be given through it.
- You will be taken to the Operating Room (OR).
- After surgery, you will return to the Day Surgery Unit.
- You will be able to go home in about 10-15 minutes.

## Discharge instructions

- You will have a shield over your eye. Leave it on until you see your eye surgeon, or we will tell you when to remove it.
- Your appointment with your eye surgeon is on \_\_\_\_\_ at \_\_\_\_\_.

## At home

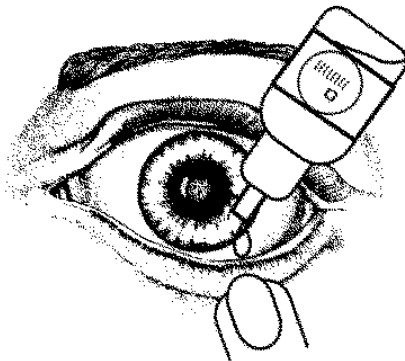
- Your eye may have some redness and bruising right after surgery.
- Keep taking any medications that were prescribed for you by your other doctors.
- Take Tylenol® for any discomfort in your eye.
- **Your doctor will tell you how long to use it for. You will wear the shield over your eye every night for 1-3 weeks or as directed.** This is to prevent an eye injury while you are asleep.
- Protect your eye by wearing glasses, sunglasses, or a shield at all times. Do not wear a cotton eye pad.

- Use a clean face cloth and tap water to clean gently around your eyes. Do not press down or rub.
- You may shower, bathe, and wash your hair, but do not let any soapy water get into your eye for at least 2 weeks.
- Your vision may not be clear until you get your new glasses. Blurry vision is normal.
- You may do most of your usual activities. Bending over is OK, such as putting on your shoes. You may read, write, and watch TV.
- A feeling of eye strain or pressure in your eye is a warning to stop any activity. **Do not lift anything over 20 pounds.**
- All activities are usually allowed 1 week after your surgery. Check with your eye surgeon about your activity.
- Ask your eye surgeon when you may return to work or drive a car.
- Please bring all eye medications and any written instructions with you when you visit your eye surgeon.
- Keep followup visits with your eye surgeon.

# Using eye drops

Follow the eye medication schedule given to you by your nurse or doctor.

- Wash your hands well.
- Shake the bottle well.
- You may sit and tilt your head back or lie down.
- Open both eyes and look up.  
With one finger, draw your lower lid down.
- With the bottle in your other hand, hold it as close as possible to your eyelid without out touching it. Place one drop into the pocket made when your lower lid is pulled down.
- Do not touch your eyelid or eye with the tip of the bottle.



- Close your eye gently and keep it closed for one full minute.
- With a tissue, gently remove extra drops from your cheek.
- Wash your hands well.
- **Do not stop using your drops without checking with your doctor.**

**Call your eye surgeon right away if you have:**

- › severe (very bad) pain, swelling, or unusual discharge
- › sudden decrease or loss of vision
- › sudden flashes of light in the eye
- › a shadow, as though a dark curtain has been drawn across your eye

**If you can't reach your eye surgeon, call Locating at the VG at 902-473-2222 and ask to have the ophthalmology resident on call paged, or go to the nearest Emergency Department.**

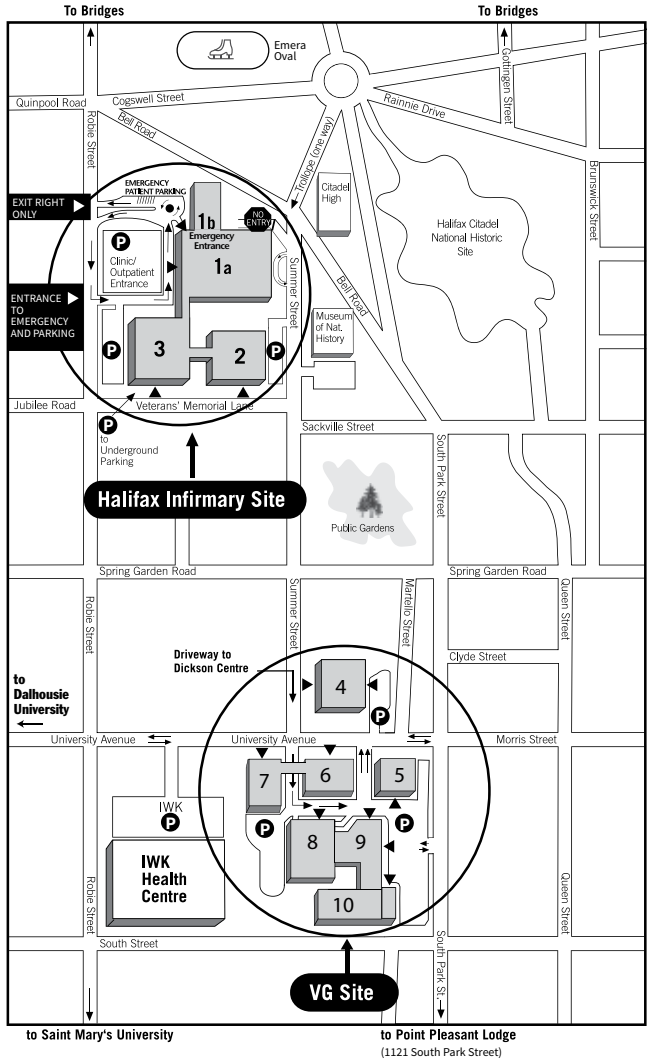
# QEII Health Sciences Centre

is made up of 10 buildings located on two sites

- | Halifax Infirmary Site |                                       |
|------------------------|---------------------------------------|
| 1a.                    | Halifax Infirmary                     |
| 1b.                    | Emergency Dept.                       |
| 2.                     | Abbie J. Lane Memorial Building       |
| 3.                     | Camp Hill Veterans' Memorial Building |
| VG Site                |                                       |
| 4.                     | Nova Scotia Rehabilitation Centre     |
| 5.                     | Bethune Building                      |
| 6.                     | Mackenzie Building Laboratories       |
| 7.                     | Centre for Clinical Research          |
| 8.                     | Dickson Building                      |
| 9.                     | Victoria Building                     |
| 10.                    | Centennial Building                   |

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.









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For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this pamphlet is to be updated every 3 years or as needed.