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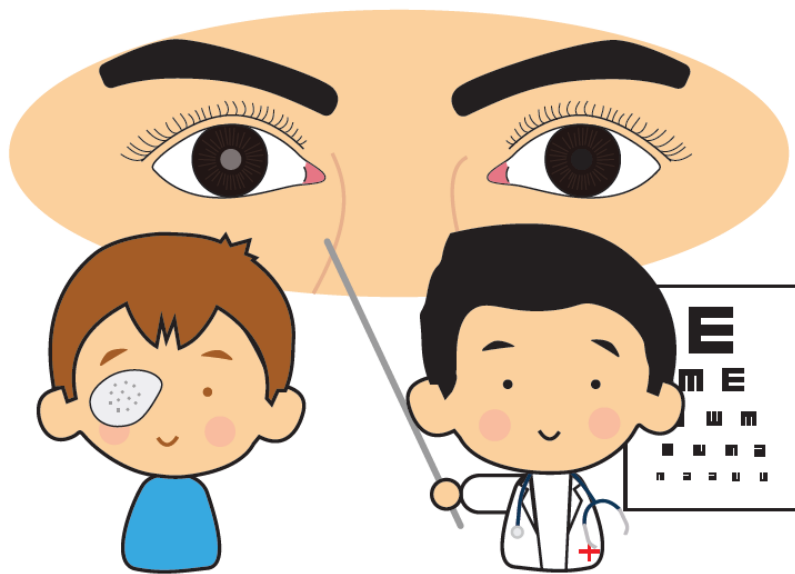
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Cataract surgery: Instructions for patients

1. What is a cataract?

A cataract means cloudy lens, and it makes the projected image on the retina blurred. 95% of cataracts developed from aging , and the others may be due to congenital diseases, trauma, or systemic diseases. Cataract surgery is the most effective intervention for cataracts.



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All information above has been reviewed by Ophthalmology specialists
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2. Introduction of cataract surgery

(1) Extracapsular cataract extraction and intraocular lens implantation

(Figure 1): The procedure of cataract surgery is to remove the cloudy lens and, in most cases, replace it with an artificial lens. The size of the wound is bigger and requires suturing.

(2) Phacoemulsification and intraocular lens implantation (Figure 2): Your surgeon makes a tiny incision on the cornea. A needle-thin probe is then inserted into the lens where the cataract has formed. Your surgeon then uses the probe, which transmits ultrasound waves, to break up the cataract and suction out the fragments. Sutures for the incision wound isn't always required because the wound is small.

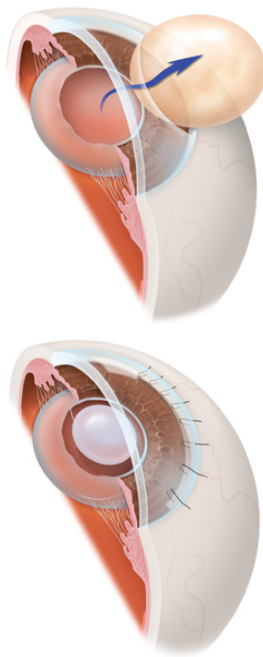


Figure 1.

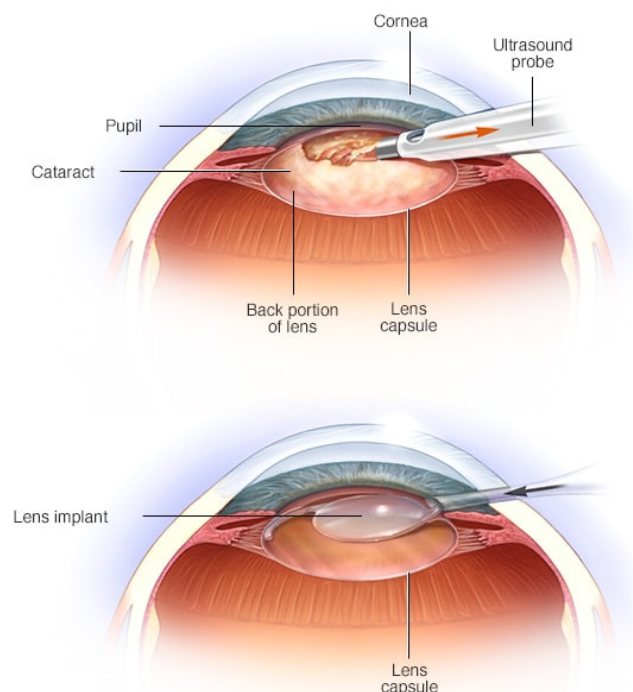


Figure 2.

(3) People who've had cataract surgery may develop a secondary cataract.

The medical term for this common issue is known as posterior capsule opacification(PCO). The back of the lens capsule becomes cloudy and impairs your vision. YAG laser treatment can be available for PCO.

3. Pre-operative instructions

(1) After doctor's interpretation and explanation:

- a. Local anesthesia: complete the surgery and local anesthesia consent forms.
- b. General anesthesia: In addition to completing electrocardiograms, chest X-rays and blood tests, you also have to visit anesthesiologist and complete surgery and anesthesia consent forms.

(2) The doctor will examine the eyes thoroughly on the date of admission.

(3) Nurses will trim the eyelashes according to doctor's orders, to prevent eyelashes from falling during the procedure.

(4) Depending on patients' situation, sedatives may be prescribed the night before the surgery.

(5) Nurses will give local anesthetic and mydriatic eyedrops by doctor's orders.

(6) Nurses will assist patients to wear surgical gowns, and complete preoperative preparation.

4. Post-operative and self care instructions

(1) Do not rub the affected eye after surgery, wear aluminum eye shields to protect the eyes from accidental collision for at least one month after discharge. You can also wear glasses or goggles instead.

(2) Cover the affected eye with eye pad when there's exudate.

- (3) Clean secretions around the eyes with a sterile cotton swab (from the inside to the outside).
- (4) Prevent infection from water splashing into eyes within two weeks after surgery.
- (5) Do not sleep on the side of the affected eye.
- (6) Avoid smoking, drinking and eating spicy and/or hard food.
- (7) Avoid leaning forward, lifting heavy objects, and strenuous exercise within two months after surgery.
- (8) If there is persisted eye pain, massive and/or sticky ocular discharge, sudden severe eye pain, redness and swelling, or vision changes, please go to hospital without delay.
- (9) Follow the doctor's instructions for medication and eyedrops. Schedule follow up appointment to monitor the recovery.

5. Conclusion

Cataract is one of the common diseases among the elderly. Surgeries for the disease have made significant advancements as medical technology progress. Post-op care and regular application of eyedrops are crucial to speed recovery. In addition, aluminum eye shields must be worn for the protection of the eye against rolling over or rubbing eyes accidentally while sleeping.

6. References

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Let us take the quiz to make sure you understand.

1. Cataract means a cloudy lens, leading to a blurred image on the retina.

☐Yes ☐No ☐Don't know

2. Most of cataracts develop due to aging.

☐Yes ☐No ☐Don't know

3. Patients should sleep on the side of the affected eye after surgery.

☐Yes ☐No ☐Don't know

4. If there is persisted eye pain, massive and/or sticky ocular discharge, sudden severe eye pain, redness and swelling, or vision changes, go to hospital immediatly.

☐Yes ☐No ☐Don't know

5. Post-operative self-care instructions include avoiding rubbing the affected eye, wearing aluminum eye shields, and preventing water from splashing into the eyes for at least two weeks after surgery.

☐Yes ☐No ☐Don't know