



## Procedure Information Sheet

### Introduction

Cataract is the clouding of the transparent lens of an eye which is responsible for focusing. The procedure of cataract extraction is to remove the cloudy lens and replace with an intraocular lens implant to improve vision. Alternatives to intraocular lens implantation include wearing contact lenses or thick aphakic glasses.

### Indication

Any person who already has cataract with deteriorating vision and affecting daily life.

### The Operation / Procedure

1. The procedure can be performed under general or local anaesthesia depending on your condition.
2. A small wound is made at the cornea near the white part of the eye. Depending on the type of cataract, the cloudy lens may be removed as a whole piece or being emulsified and aspirated. An artificial intraocular lens is then inserted. The wound could be closed with stitches if needed.

### Before the Operation / Procedure

1. Measurement of the axial length of the eye and curvatures of the cornea to determine the model and power of intraocular lens required.
2. Eyelids should be kept clean to decrease the risks of post-operative infection.
3. Your doctor may prescribe eye drops before the procedure. Make sure you follow the guides of its administration.
4. Cosmetics and makeup should be avoided on the day of procedure.
5. Inform your doctor if you have systemic diseases such as hypertension, stroke, heart disease, diabetes, voiding difficulty or are taking western medications (especially blood thinners like Aspirin or Warfarin), traditional Chinese medicine or health supplements on a regular basis.
6. Inform your doctor of you previously undergone refractive laser surgery.

### After the Operation / Procedure

1. Eye pad or shield should remain in position as instructed by the doctor and you should remain bed rest.
2. Avoid eye rubbing, swimming and vigorous activities for a few weeks.
3. Avoid dirty water getting into your operated eye for the first week, especially when washing your hair.
4. Wearing of sunglasses is desirable when you go outdoors.
5. You may not be accustomed to the eye pad or shield, it is advised to leave some lighting on when you go to toilet at night to avoid falls.
6. Stitches applied during the procedure may remain in place unless they are loosened, broken, causing excessive astigmatism, infection or irritation.
7. It is advisable to wear clothes with buttons and not pullovers to avoid the cloth(es) coming in contact with the operated eye to prevent infection.
8. Avoid straining. Take liberal amounts of vegetables, fruits and water to prevent or to alleviate constipation if there is no contraindication.
9. Follow up as instructed and comply with the medication regime.
10. Time of recovery varies from person to person as different eye heals differently. If you have prior corneal or retinal diseases, glaucoma, uveitis or optic nerve damage, the resulting vision may not be as good as expected.
11. After the procedure, your vision usually takes a few weeks to stabilize. Refractive error is common. Also, loss of accommodation may lead to reading difficulties. Besides, wound healing may cause astigmatism. Further action like stitch removal or glasses may be required to improve vision. Some patients may report 'floaters' may be more obvious after the procedure.
12. In some patients, the lens capsule supporting the artificial lens implant may become partially opaque, laser treatment may be required when it affects vision.
13. If you experience acute ocular symptoms like sudden eye pain or visual deterioration, you should contact your doctor, Eye Centre or Out-patient Centre for consultation.

#### Patient's Label

Patient Name: \_\_\_\_\_  
Hospital No: \_\_\_\_\_  
Episode No: \_\_\_\_\_



### Risk and Complication

The operation is a safe one but risks and complications may arise. Apart from possible complications related to anaesthesia, the following conditions may occur:

1. Poor wound healing / wound gaping
2. Severe bleeding inside the eye
3. Infection inside the eye
4. Intraocular lens non-implantation, damage or dislocation
5. Posterior capsule tear and exudation of vitreous body
6. High pressure in the eye
7. Retinal detachment
8. Unexpected refractive change, glare or halo
9. Swelling and clouding of cornea
10. Dropping of eyelid
11. Sympathetic endophthalmitis affecting the opposite eye
12. Retained cataract fragments
13. Clouding of the posterior capsule of the lens
14. Pupil distortion
15. Decentration or fogging of intraocular lens that may need repositioning, removal or exchange
16. Macular oedema
17. Blindness

### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### Reference

Smart Patient Website by Hospital Authority: Cataract Operation and Intra-Ocular Lens Implantation (6/2023)

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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