

Procedure Information Sheet – Cataract Operation and Intra-Ocular Lens Implantation

| Hosp No. | : | HKID No.: |
|----------|---|-----------|
| Case No | | |

Name :

DOB : M/F

Adm Date : Contact No.:

1. Introduction

- 1.1. 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.
- 1.2. Alternatives to intraocular lens insertion are uses of contact lenses or thick aphabic glasses.

2. Procedural Preparation

- 2.1. A written consent is required.
- 2.2. Inform your doctors about your drug allergy, current medications or other medical conditions for preoperative assessment.
- 2.3. Measurement of the axial length of the eye and curvature of the cornea are needed for calculation of the intraocular lens power.
- 2.4. Eyelids should be kept clean to reduce risks of post-operative infection.
- 2.5. Eye drops may be prescribed before the procedure.
- 2.6. Cosmetics and makeup should be avoided on the day of procedure.
- 2.7. Fast for 6 to 8 hours before the operation.
- 2.8. Change operation gown and empty bladder before heading to operating theater.
- 2.9. Pre-medications, intravenous drip, or antibiotic prophylaxis may be required per doctor's prescription.
- 2.10. Perform tests including blood tests as suggested by the doctor.

3. Procedure

- 3.1. The procedure can be performed under general or local anaesthesia depending on patient's condition.
- 3.2. A small wound is made at the outer part of the eye. Depending on the type of cataract, the cloudy lens may be removed as whole piece or as tiny fragments. Artificial intraocular lens is then inserted.
- 3.3. The wound could be closed with stitches if needed.

4. Recovery Phase

- 4.1. Eye pad or eye shield should remain in position as instructed by the doctor and you should remain bed rest.
- 4.2. Eye rubbing, swimming and vigorous activities should be avoided for a few weeks.
- 4.3. You may not be accustomed to the eye pad or shield; it is advised to leave some lighting when you go to toilet at night to avoid falls.
- 4.4. During the first week after the procedure, avoid getting dirty water in your operated eye while washing your hair.
- 4.5. Wearing of sun glasses is desirable when you go outdoors.
- 4.6.It is advisable to wear clothes with buttons and not pullovers to avoid the clothe(s) coming in contact with the operated eye to prevent infection.
- 4.7. Stitches applied during the procedure may remain in place unless they are loosened, broken, causing excessive astigmatism, infection or irritation.

5. Possible Risks and Complications

- 5.1. The operation is a safe and most people recover from cataract operations, but risks and complications may arise.
- 5.2. Apart from possible complications related to anaesthesia, the following conditions may occur:
 - 5.2.1. Poor wound healing / wound gaping.
 - 5.2.2. Severe bleeding inside the eye.
 - 5.2.3. Infection inside the eye.
 - 5.2.4. Intraocular lens non-implantation, damage or dislocation.
 - 5.2.5. Posterior capsule tear and loss of vitreous.
 - 5.2.6. High pressure in the eye.



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- 5.2.7. Retinal detachment.
- 5.2.8. Unexpected refractive change.
- 5.2.9. Swelling and clouding of cornea.
- 5.2.10. Drooping of eyelid.
- 5.2.11. Sympathetic endophthalmitis affecting the opposite eye.
- 5.2.12. Retained cataract fragments.
- 5.2.13. Clouding of the posterior capsule of the lens.
- 5.2.14. Pupil distortion.
- 5.2.15. Decentration or fogging of intraocular lens that may need repositioning, removal or reimplantation.
- 5.2.16. Macular oedema.
- 5.2.17. Blindness.
- 5.2.18. Retained cotton fiber inside operated eye.
- 5.2.19. Dysphotopsia, including halos or glare, may occur following the implantation of special types of intraocular lenses, such as extended depth of focus (EDOF) lenses and multifocal lenses.
- 5.2.20. Rotation of a toric intraocular lens may require repositioning.

6. Discharge Education

- 6.1. Contact your doctor or attend Accident and Emergency Department if you have:
 - 6.1.1. Acute ocular symptoms like sudden eye pain or blurring of vision.
 - 6.1.2. Fever more than 38oC and rigor.
- 6.2. Antibiotic eye drops will be prescribed after the procedure, take as instructed and comply with the medication regime.
- 6.3. Analgesics as prescribed by your doctor if necessary.
- 6.4. The period required for recovery from the surgery varies depending on patient condition. If you have prior corneal or retinal diseases, glaucoma uveitis or optic nerve damage, the resulting visual acuity may not be as good as expected.
- 6.5. After the procedure, your vision usually takes a few months to stabilize. Reflective error is common. Loss of accommodation may lead to reading difficulties.
- 6.6. Wound problem may cause astigmatism.
- 6.7. Stitches removal or glasses may be required for further vision adjustment.
- 6.8. Occasionally some patients may report that the phenomenon of 'floaters' may be more obvious after the operation.
- 6.9. The lens capsule supporting the artificial intraocular lens implant may get fibrotic and become partially opaque in some patients, laser treatment may be required when it affects the vision.
- 6.10. Attend the follow-up visit in your doctor clinic.

7. Remark

7.1. The above mentioned procedural information is not exhaustive, other unforeseen complications may occur in special patient groups or different individual. Please contact your physician for further enquiry.

8. Reference

8.1. Hospital Authority. Smart Patient Website.





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I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

| atient/ Relative Signature: | · |
|-----------------------------|-------|
| | |
| Patient/ Relative Name: | |
| | |
| Date: | |



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