

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

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|---------------|-----------|
| 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 aphakic 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 pre-operative 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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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.

Patient/ Relative Signature: \_\_\_\_\_

Patient/ Relative Name: \_\_\_\_\_

Date: \_\_\_\_\_

