



# Cataract Surgery

## Anglia Community Eye Service (ACES)

(Founded 2007)

This booklet explains what you might expect  
before and after your cataract operation.

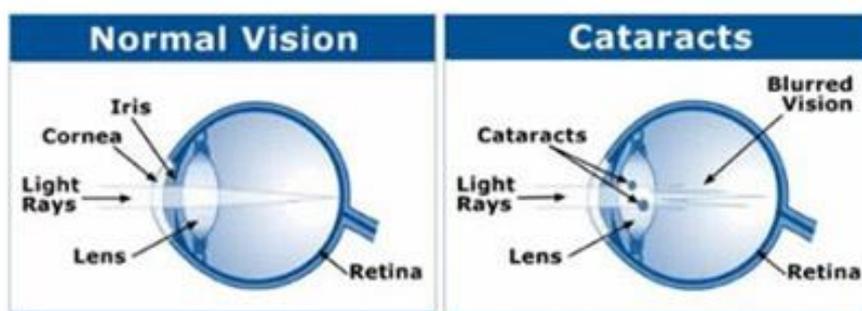
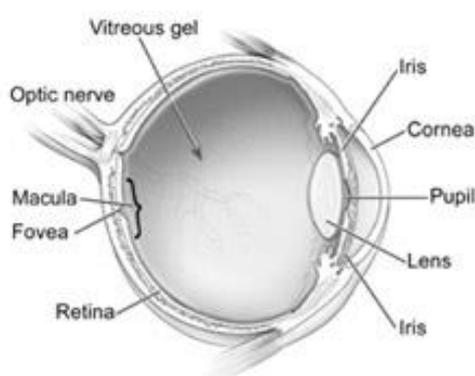
**We hope it answers most of your questions.**

## ABOUT ACES

ACES, founded in 2007, is an independent provider of an NHS EYE Service where patients are able to receive eye care in the community from Consultant Ophthalmic Surgeons. Our aim is to provide ophthalmic care of the highest standards in a community setting that is convenient and comfortable for our patients.

## WHAT IS A CATARACT?

The eye can be compared to a camera. It contains a lens which helps to focus images on to the back of the eye, in much the same way as a camera lens focuses pictures. A cataract is a clouding of this lens.



## WHAT CAUSES A CATARACT?

Usually a cataract occurs as part of the natural ageing process of the body. In younger people it may occur as a result of injury, a general health condition such as diabetes, long standing eye inflammation, or from certain drug therapies.

## WHAT IS AN IMPLANT?

An implant is a replacement lens. It is made of a flexible plastic. It is non-toxic, light and clear. There is little chance of rejection. The implant is safe for continuing a normal active lifestyle. Lens implants last a lifetime and do not need to be replaced.

## YOUR FIRST APPOINTMENT IS FOR A PRE-OPERATIVE ASSESSMENT

At this appointment we will conduct a thorough examination of your eyes. Measurements will be taken to calculate the strength of the implant best suited to your eye. At this appointment we usually need to put drops in to your eyes to dilate the pupils. This will cause blurred vision for the following few hours.

## PLEASE DO NOT DRIVE ON THE DAY OF THIS ASSESSMENT.

Please expect to stay with us for approximately one hour. At this first appointment we will be happy to answer any questions you may have.

## **CATARACT SURGERY**

During the operation, the cataract will usually be removed using sound waves. This requires only a small cut in your eye. The cataract will normally be replaced with a lens implant. Usually no stitches are required.

### **WHAT ARE THE BENEFITS OF CATARACT SURGERY?**

By removing the cataract from your eye, and inserting a new lens implant, the aim is to improve your vision. After surgery your vision should seem clearer, brighter and more colourful. The final result of the surgery may depend on other factors, such as other existing eye conditions. Your Consultant or nurse will discuss this at the pre-assessment appointment.

### **GLASSES**

Even though we have measured your eyes using the latest equipment, the majority of people still require glasses after their surgery. This is likely to be for close work but may be for distance or both. We try to choose an implant which will allow you to see freely without glasses.

### **AFTER YOUR OPERATION**

You may walk around, as you feel able. You may eat and drink. The nurse will examine your eye prior to discharge. When you feel able, and the nurse is happy with your eye, you may go home. The nurse will supply you with eye drops, a copy of the letter to your GP, and the date of your follow-up appointment. If you have a shield please leave it on until you get home. Then follow the instructions given by the nurse.

### **AFTER YOUR OPERATION, DON'T:**

Rub or knock your eye, or drive until your vision is assessed as being up to the legal requirements. You should ask about this at your first appointment.

### **AFTER YOUR OPERATION, YOU MAY:**

Bend to put on shoes, pick up things etc.; wash your hair, either backwash or shower; if you have a shield, wear it at night, as advised by the nurse; wear dark glasses in the sunshine, or wear your glasses if you prefer; go for a walk, watch television and read if you are able to.

### **THIS WILL NOT HARM YOUR EYES.**

Put your eye drops in as directed. If you run out of eye drops your GP will supply more. If you are not sure whether your drops have gone in, then put some more in. You cannot harm your eye by using too many drops. It is important that you receive your drops.