

MR DAVID CHEUNG

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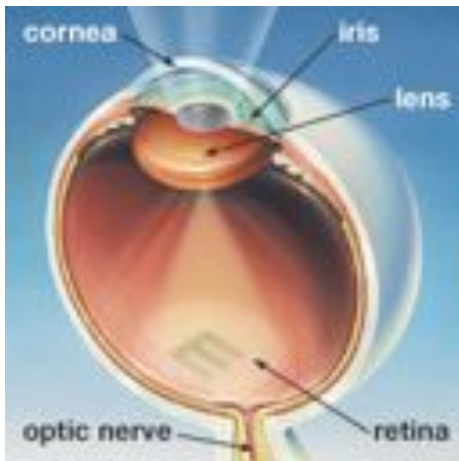
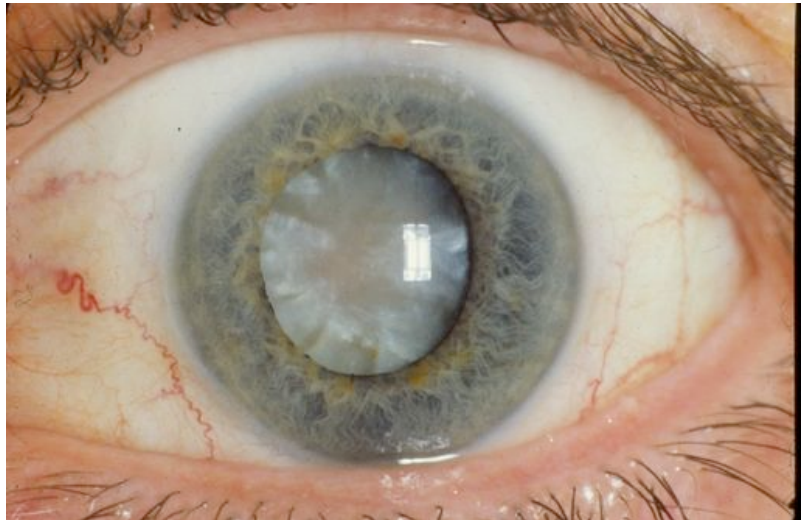
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Cataracts and Cataract Surgery

We hope this information will help answer any questions you may have regarding cataract surgery. Please feel free to ask any further questions when you see Mr Cheung when you attend the hospital next time. to the hospital for your appointment. The staff are always happy to give you the information you need.

This information sheet is for your general information only and is not intended to be a substitute for a proper consultation by a trained medical professional.



Please feel free visit the website: www.mrdavidcheung.com, which provides further information.

What is a cataract?

The human eye is like a camera and one of the essential parts is the lens. The lens is a clear structure found behind the iris (the coloured part of the eye). The lens helps focus light on to the back of the eye (the retina) in order to form an image. The lens of the eye is usually clear in order to produce a sharp image and allow light to pass through it easily.

A cataract is a clouding of the lens. This clouding blocks the light passing through the eye. Gradually the vision resembles a similar effect to that of looking through frosted glass. Your sight will gradually become misty, colours may appear dull and you may be bothered by glare in bright light (ie sunlight or car headlights). Less commonly, cataracts can cause double vision in the affected eye. At

this stage a new glasses prescription will not be able to correct your vision. Most commonly this cloudiness is age-related

At what age do they most commonly develop?

Some people develop cataracts between the ages of 40 - 60 years, however, in patients over 60 years of age, cataracts typically become more dense and start to impact on vision.

How is a cataract diagnosed?

A cataract is usually detected by your optician as part of your annual eye examination. However if you suspect a cataract, a visit to your optician will be able to confirm this. Should your optician find a cataract they will be able to monitor it and advise you about any future treatment, if at all required. Not all cataracts need immediate treatment and some may not require surgery for many years.

When does a cataract require treatment?

With modern surgical techniques it is possible to operate on a cataract at a relatively early stage, they do not need to be mature. There is no level of vision at which cataract surgery is indicated, but it is usually recommended if the quality of your vision is reduced to the extent that it is affecting your lifestyle. Surgery is also indicated if you wish to drive and your vision no longer meets the legal standards.

How are cataracts treated?

The cataract is treated by surgery. An eye surgeon will remove your clouded lens and, in most cases, replace it with a clear, man-made focusing lens (intraocular lens implant, or IOL). This implant is usually placed into the space (capsule) that was occupied by your own natural lens. The replacement lens implant remains permanently inside your eye and does not degrade.

Each patient needs to have their eye measured by an ultrasound scan or a laser machine in order to calculate the required strength of the lens implant.

Cataract surgery is extremely successful in restoring vision and is one of the most common surgical procedures performed each year in the UK.

Mr Cheung uses micro-incision phacoemulsification ("phaco") technology to remove the cataract.

The procedure involves a tiny key-hole incision (cut). Usually no stitches are required.

Mr Cheung works with very fine instruments whilst looking at the eye through a microscope.

A hole is made in the lens capsule covering the front surface of the cataract.

The cataract is broken up into very small pieces and sucked up through the ultrasound probe, out of the eye.

Once the cataract is removed, a small folded plastic lens implant is inserted into the eye through the small incision and unfolded inside the lens capsule to replace the cloudy lens.

The procedure usually takes between 15-20 minutes.

Cataract surgery is usually a day case procedure, which means that you will go home on the day of your operation. However, you may wish to arrange for someone to stay overnight with you on the day of surgery.

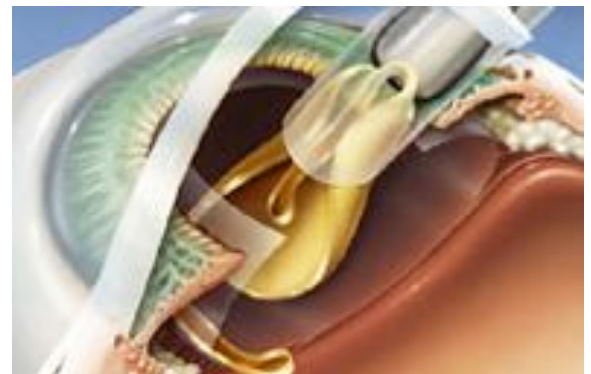
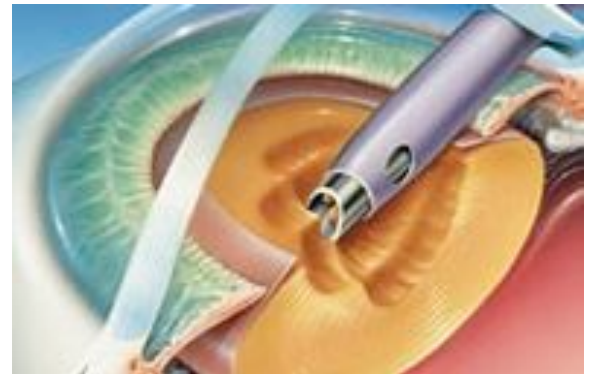
Is the surgery carried out under local anaesthetic?

Almost everyone has a local anaesthetic. With this method only the eye is made numb and you will be awake. You will not see what is going on and you should not feel anything. This involves the use of anaesthetic drops and/or an injection around the eye before the operation.

What are the risks involved in undergoing cataract surgery?

The **benefits** of surgery include greater clarity of vision and improved colour vision.

The **potential risks** associated with cataract surgery are very rare. However, they include blindness, haemorrhage, infection, glaucoma, retinal detachment, capsule tear and vitreous displacement, wound dehiscence and iris prolapse, cystoid macular oedema, deterioration in diabetic retinopathy, intraocular lens implant dislocation and lens implant power miscalculation.



Some patients may require further surgery following cataract surgery.

You may wish to discuss this further with Mr Cheung if you do not understand these medical terms. Without wishing to cause alarm all operations and anaesthetics have some risk.

Using modern methods, cataract surgery is extremely safe and in the vast majority of cases highly successful in improving vision. The time taken for this improvement to occur can vary between patients and may not occur immediately after surgery.

Will I require any eye medication following surgery?

Yes. You will be prescribed a short course of antibiotic and steroid eye drops in order to help settle the eye following surgery. Most patients have no problems in learning how to put the drops in themselves. The nursing staff will make sure that you are instructed on this. Some patients feel easier if the drops are instilled by a relative or friend.

What must I avoid following surgery?

During the night for 2 weeks following surgery, wear the plastic eye-shield that will be given to you. This is easily secured with two pieces of tape.

During the day you may resume wearing your glasses or sunglasses if these feel comfortable.

Until after your outpatients consultation AVOID swimming, gardening, lifting heavy weights, getting soapy water into the eye or touching and rubbing the eye. Otherwise, continue with your normal lifestyle. If you wish to resume driving you must check with Mr Cheung first.

Will I need glasses following surgery?

It is possible that you may need glasses for distance and/or reading, however you will be advised by Mr Cheung as to when you should see an optometrist. It takes time for the eye to settle down following surgery and you should therefore wait at least a month before changing your spectacles.

What must I do on the day of surgery?

Please arrive on time.

Follow advice given on eating and drinking

Do bring all medications and any current spectacles with you

Remove all make-up and nail varnish

Do not wear jewellery other than a wedding ring

Wear loose comfortable clothing as you will be asked to put on a dressing gown.

What to expect on the day of surgery

A nurse will help you prepare for your operation. This will include giving you some eye drops that dilate the pupil. These drops temporarily affect your vision.

You will move from your room to the anaesthetic room either on foot or in a wheelchair.

On entering the anaesthetic room you will lie down for up to half an hour, during which time you will be taken to the operating theatre and transferred onto the theatre bed.

You will be asked to lie flat, keep still and not talk during the operation.

Your other eye will be covered and you will see bright lights.

During the procedure you may hear some noises from the machine that powers the ultrasound probe.

You may experience many different colours!

You may also feel water on your skin and wet hair. This is normal and is linked to the procedure.

After your surgery, your eye will be covered with an eye pad and shield which may be removed the same day, as appropriate.

Further instructions will be given to you concerning your eye drops and aftercare.