

Cataract Surgery with Lens Implant

A cataract occurs when the lens of the eye grows cloudy and turns yellow. A cataract scatters or blocks the light that passes into the eye which causes images to appear blurry. With cataract surgery, the old lens is removed through a small incision. A new lens (IOL) is then positioned in the space that held the old lens. In most cases, the incision is self-sealing (no-stitch). The IOL focuses light, letting you see sharp images and vivid colors. The IOL normally lasts a lifetime.

Before the day of surgery:

- Ask your doctor if you need to stop blood-thinning medicines like aspirin or coumadin.
- Ask your doctor if you are allowed to eat or drink anything the morning of surgery.

On the day of surgery:

- You will need to arrive 1 ½ hours before surgery. A nurse will interview you, start an IV and answer any questions you have.

Diet

- You will be offered something to drink after the surgery. In most cases, you may resume your regular diet when you go home.

Medications

- You will be given instructions on what to use for post-operative discomfort. In most cases, Tylenol is ordered.
- You will receive instructions regarding any eye drops your doctor wants you using at home. Wash your hands before putting in eye drops. Bring your eye drops with you to all office visits.
- Resume your medication as taken prior to surgery unless otherwise instructed before discharge.

Activities and Restrictions

- There are no major restrictions after no-stitch cataract surgery. You may have a limit as to the weight you may lift. Avoid water or dust to the surgical eye. Any specific limitations will be given to you at the time of discharge.
- Do not rub your eye

Treatments

- Your present glasses no longer have the correct prescription. You may wear them if you wish. New lenses can generally be prescribed in 2-3 weeks.
- You may be asked to wear an eye shield on the surgical eye at bedtime. If ordered, you will be instructed as to the length of time to continue this. Generally, the night of surgery is all that is required.

Reasons to contact your physician

- Sudden decrease or loss of vision
- Onset of new floaters, flashing lights, increasing redness, lid swelling, pain not relieved by Tylenol, or anything about your eye that concerns you.

