



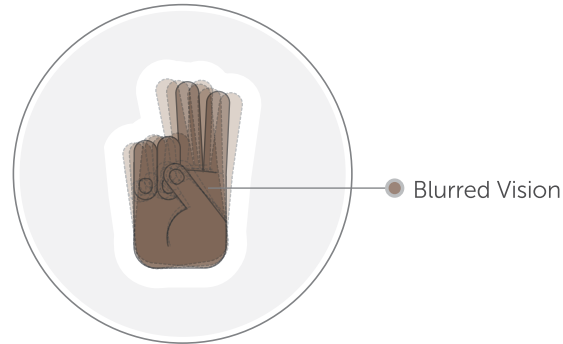
CATARACT SURGERY

FORESIGHT IS ABOUT SEEING THE SOLUTION



A positive way to look at Cataract

Cataract is when the lens in your eye becomes cloudy, making it difficult for you to see. This could be due to age, injury, diseases such as diabetes, prolonged inflammation within the eye, or hereditary. A cataract usually worsens over time and leaving it untreated could lead to blindness.



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THE CATARACT SURGERY

Glasses are a temporary solution but once the cataract is too advanced, surgery is the only option to restore your vision.

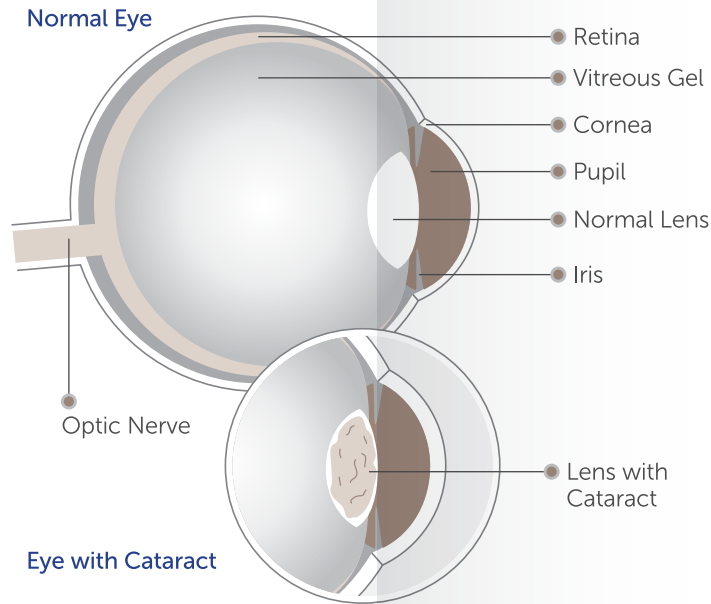
A cataract operation replaces the cloudy lens, i.e. the cataract inside your eye, with a clear plastic implant lens. This is usually done using a local anaesthetic and the procedure takes anywhere between 20 to 45 minutes.

The surgeon makes a tiny incision in the eye, softens the lens with ultrasound and removes it through a small tube. The lens capsule, in which the lens sat, is left behind for the implant lens to be inserted and replace the cataract. A small stitch may be required to seal the wound.

Possible risks with Cataract Surgery

In most cases, vision improves considerably after surgery although glasses may be needed especially for reading. Along with the benefits, you should be aware of any complications, however minor or rare, during or after the operation:

- If the back of the lens capsule tears due to disturbance of the gel, it could result in reduced vision



- If part or the entire cataract is lost in back of the eye, it may require a further operation- the risk of this is 1:100
- The risk of bleeding inside the eye is 1:1000
- There is a chance of bruising of the eye or eyelids
- Abrasions of the cornea can be painful, but will settle quickly
- Temporary high pressure inside the eye
- Clouding of the cornea
- Incorrect strength or dislocation of the implant
- Swelling of the retina, i.e. macular oedema
- Although rare, a detached retina could lead to loss of sight
- A 1:1000 risk of infection (endophthalmitis), which could lead to loss of sight or the eye
- Allergy to medication used

There is also a risk of Posterior Capsule Opacification, which is when the back part of the lens capsule, which was left in the eye to support the implant lens, becomes cloudy and your sight becomes blurred again. Your specialist can treat this with a painless short procedure.

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BEFORE YOUR SURGERY

Depending on the time of your operation, have a light meal a few hours before. Take your regular medication unless instructed against it by your surgeon. Wear loose comfortable clothing, preferably cotton. Do not wear or bring any jewellery, make up or nail polish.

Once you check-in, a nurse will put eye drops into the eye that is being operated on. This helps enlarge the pupil and blur your vision so that a local anaesthetic can be given just before surgery.

Your stay at the hospital will take around 4 hours including the surgery. Please carry any regular medication, inhalers, angina spray or tablets and insulin. Bring someone with you to take you back home safely. You must not use public transport after the surgery - return in a car or taxi instead.

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POST SURGERY

It is normal to feel itching and mild discomfort after surgery, and you may take a pain reliever if needed. Fluid discharge is common. You will be given eye drops to reduce inflammation and prevent infection, and an eye shield or pad for added protection. Initially, your vision will be blurred, but it will improve gradually.

While the discomfort should disappear in the first couple of days, healing usually takes 2-6 weeks. If you have any of these symptoms, inform your doctor immediately:

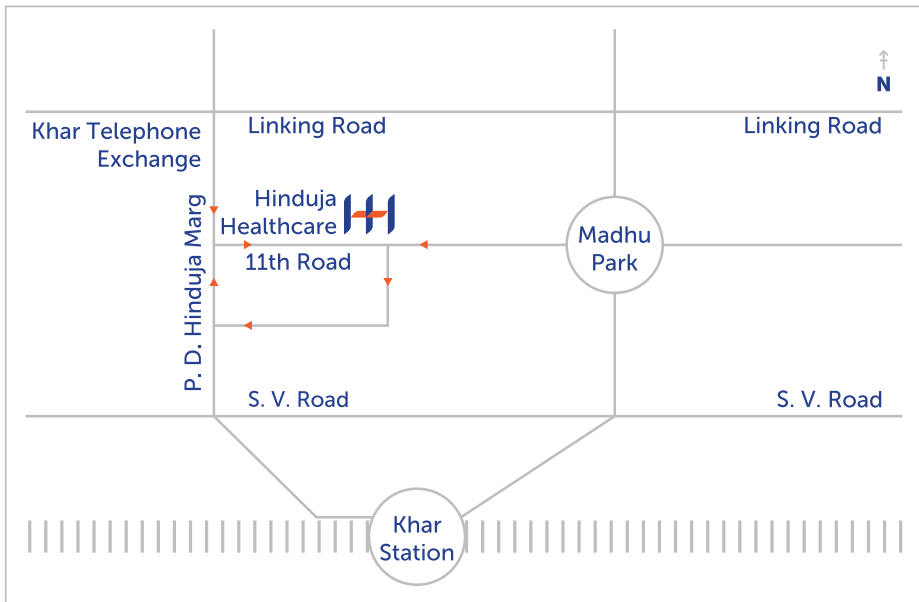
- Excessive pain
- Loss of vision
- Increasing redness in the eye

After your operation, you can do simple home chores. Be careful while on the stairs, avoid bending or going near the gas or fire. Use the eye shield, especially in public places and while lying down or sleeping. Also be particular about taking the drops as instructed by your surgeon.

- Watch TV and read as long as you're feeling comfortable
- Shower, bathe and even wash your hair- just don't let water, soap and detergent touch your eye(s)
- Drive only after your vision is approved by the doctor
- Fly and take public transport after a week of surgery
- Get back to work depending on your progress and type of job
- Swim after approximately six weeks of surgery
- Normally get tested for new glasses 4-6 weeks post surgery

If you have other conditions like diabetes, glaucoma or age related macular degeneration, your quality of vision may be limited even after successful surgery.

Ask your doctor any questions you have regarding your surgery. Never go into an operation theatre with any doubts. Your confidence and trust is the start to healthy recovery.



07/06.13

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