

Information for Cataract and Intraocular Surgery

WEEK BEFORE YOUR SURGERY

At least **5 days** before surgery purchase your eye drops.

PRE OPERATIVE EYEDROPS (VOLTAREN)

- The **VOLTAREN** drops only are used **before** surgery.
- Use 1 drop **4 times a day for the 3 days before your surgery.**
- **Use only in the eye having surgery.**
- **Refrigerate** after opening.
- **Do not use** on the morning of your surgery.
- Keep this bottle to be used for your second eye if applicable.

POST OPERATIVE EYEDROPS (Chlorsig, Acular and Prednefrin Forte)

- The other **3 bottles of drops** (Chlorsig, Acular and Prednefrin Forte) will be used after surgery.
- Have sunglasses ready to wear after your surgery.

DAY BEFORE YOUR SURGERY

- **Call the centre between 9.00am and 11.00am on the working day prior to your surgery call to obtain your admission time.**
- If we do not hear from you by 11.00am your operation may be rescheduled to another day.
- If you need to cancel your surgery, 48 hours' notice is appreciated.

NIGHT BEFORE YOUR SURGERY

- Fasting is necessary before Cataract Surgery
- **What is the correct way for fasting before cataract surgery?**
- **NO solid food is to be eaten for at least 6 hours prior to your admission time.**
- **NO fluids (except water) are to be taken for at least 2 hours before your admission time.**

PLEASE READ FURTHER ON FASTING IN ANAESTHETIC INFORMATION

MORNING OF YOUR SURGERY

- Take only your **blood pressure, heart medications** as usual with a sip of water
- If you are **diabetic DO NOT** take your morning insulin or diabetic medications
- Use **glaucoma drops** as normal. Ensure you have a fresh bottle to use after surgery as this will reduce the possibility of cross contamination
- Bring with you all of your **regular medications** to show the Anaesthetist
- Bring the 3 bottles of unopened eye drops
- Wear comfortable clothing as you won't need to change into a hospital gown
- Do not wear make-up

ON ARRIVAL AT OUR CENTRE FOR SURGERY

- On arrival you will meet the admissions officer who will complete any paperwork, payment and make your first day post op appointment
- Shortly after theatre staff will escort you into the pre op room, where eye drops will be administered and the Anaesthetist will assess you
- Post op instructions will be given
- From here you will walk into theatre, and be seated in a reclining chair, similar to that used by a dentist
- Sedation will be administered by the Anaesthetist (Please see below for Information on **Anaesthetic**)
- After your Anaesthetic is administered your operation will take place
- After your surgery you will walk escorted to the recovery room where you will be given a hot drink and biscuits
- A short while later you will be handed into the care of your escort who should take you home
- Overall time at the Centre will be approximately 2 hours

AFTER YOUR SURGERY

- You will feel drowsy from the sedation and should rest on the day of surgery
- Follow the discharge instructions given
- You may experience some irritation and discomfort in your eye when the anaesthetic wears off and your vision may be blurry for a few days after surgery.
- Emergency contact numbers and eye drop instructions will be provided on the day of surgery
- **You cannot drive for 48 hours after your surgery and an adult MUST escort you home**
- We recommend that you be available for at least one week following surgery in case of unexpected complication.
- Avoid wind, sunlight and dusty environments. Don't rub your eye!
- You may shower, wash hair and face, the day after surgery, eyes closed and gently pat dry.
- Most strenuous exercise can be resumed after 3 weeks.
- The cost of post-operative appointments will be covered for 28 days after surgery. After this period normal consultation fees will apply.
- If glasses are needed you will be referred to an optometrist approximately one month after surgery.

ANAESTHETIC INFORMATION

(Prepared by Dr Joanne Silverton and Dr Margaret Kearns)

BEFORE THE ANAESTHETIC

Your Anaesthetist will meet with you before surgery, ask you about your medical history, assess your suitability for sedation and discuss the type of anaesthetic you will be having.

PROCEDURE OF LOCAL ANAESTHETIC

Common Techniques for eye surgery are:

1. TOPICAL: Using local anaesthetic eye drops
2. "EYE BLOCK" Injection of local anaesthetic around and behind the eye

During the operation you will need to lie still and avoid moving your head.

POSSIBLE RISKS AND COMPLICATIONS FROM ANAESTHESIA

Although uncommon, complications are possible.

These should be discussed with your anaesthetist before the commencement of your operation.

Why you need to fast before Eye Surgery?

- To keep you comfortable and reduce anxiety the anaesthetist will administer intravenous sedation.
- It is for this reason that you **MUST FAST** before surgery.
- Fasting reduces the risk of stomach contents /stomach acid going the wrong way, down into your lungs while you are asleep.
- Stomach acid can cause lung damage.
- No food should be eaten from midnight on the night before surgery unless advised otherwise.
- You can drink water only (not milk or juice) up to 2 hours prior to your admission time.
- Your regular **blood pressure** and **heart medications** should be taken at their usual time with a sip of water.
- Any further information. Please visit www.asa.org.au

PAYMENT

Fees can be paid on or before the day of surgery.

- Make fees payable to :

Kearns and Smith Eye Services

Cash, Credit Card or Bank Cheque are welcome; however, personal cheques and EFTPOS/ DEBIT Cards will not be accepted.

- A separate fee is charged by the **Anaesthetist**. They will contact you prior to surgery to advise their fees

For further information visit our website www.focuseyecentre.com.au or phone the Centre.

Contact Numbers: 93273555 or 96633927

Additional afterhours contact information will be provided to you after surgery.

Dr Richard Smith and Dr Margaret Kearns are Owners and Directors of FOCUS EYE CENTRE.

SUGGESTIONS and COMPLAINTS

We aim to improve our service wherever possible. If you would like to make a suggestion please use the link <http://www.surveymonkey.com/s/NC79QV3> to complete our online survey. Survey forms are also available in the waiting area.

If you have any concerns regarding your care please contact the Office Manager.

The Health Care Complaints Commission is available to patients and families as independent organisations who can assist with health related complaints. Their contact details are below:

HEALTH CARE COMPLAINTS COMMISSION

Level 13,323 Castlereagh St (Corner Hay St)

SYDNEY NSW 2000

Locked Mail Bag 18

STRAWBERRY HILLS NSW 2012

Tel (02) 9219 7444

Fax (02) 9212 4585

Toll Free 1800 043 159

Email: hccc@hccc.nsw.gov.au

THE AUSTRALIAN CHARTER OF HEALTHCARE RIGHTS

For information about the Charter visit www.safetyandquality.gov.au.

Brochures are also available in the waiting room or from the booking officer.

ADVANCED CARE DIRECTIVES

For information about Advanced care directives visit <http://www.racgp.org.au/your-practice/business/tools/support/acp/>

Brochures are also available from the booking officer.

Please read before surgery, you will be required to sign this on admission so please call us on 96633927 if you have any questions.

CATARACT SURGERY RISKS AND COMPLICATIONS

Cataract surgery is a very safe operation but complications can occur and can be serious.

- **Surgical complications**

- Complications occurring at time of surgery may include;

 - Retained portion of cataract in the eye

 - Damage to or dislocation of the artificial lens.

- This may require an operation with a Vitreoretinal surgeon at another Centre and additional costs may be incurred.

- **Post-operative complications**

 - Infection in the eye is the most serious complication as it can threaten the eyesight and cause blindness. It is uncommon. The incidence at our Centre is about 1 in 1500. It becomes obvious on day 2 to 4 post operatively and immediate treatment is necessary to save the eyesight. We suggest that you remain available for treatment for the week after surgery.

 - Target refraction may not be achieved

 - Sensitivity to light, minor discomfort

 - Swelling of the macula (cystoid macula oedema) which can be persistent