

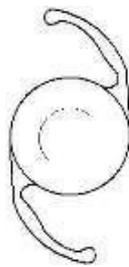
Having a cataract operation



The operation will help you see more clearly



Easy read factsheet



Lots of people have cataract operations

The cloudy lens in your eye is replaced by a clear lens

The new lens looks like this



There is a film and other easy read factsheets to help you understand about cataracts and choosing to have an operation

'Leanne's cataract surgery' film

'What is a cataract?' factsheet

'Consent and capacity' factsheet

The film and the factsheets are on the SeeAbility website. Go to:

<https://www.seeability.org/news/leannes-surgery>





You need to go to hospital twice to have your cataract operation

The first visit is for a check up



The second visit is for the operation a few weeks later



Most people will go home on the same day after their cataract operation



You and your supporters can ask for help

Many hospitals have Learning Disability Liaison Nurses

Some hospitals have Eye Clinic Liaison Officers

These people can help you get ready for your operation



The first hospital visit – your check up



You will be sent a letter telling you the date of your check up at the eye clinic



Go to your check up with a supporter who knows you well. Take your glasses if you have any. Take any information about your health and your past eye health



The eye doctor will look at your cataracts



The nurse will check your blood pressure



The nurse and the eye doctor will talk to you about your cataract operation

You and your supporter can ask questions



The eye doctor will tell you the date for the operation which will be in a few weeks time

Getting ready for your operation



You and your supporters should plan the help you will need

You may need help before, during and after your operation

We have a form called an Eye Surgery Support Plan

You can use this form to plan the help you need. You can download the form at:

www.seeability.org/eye-surgery-support-plan



Your plan will also help doctors and nurses understand how you communicate and will tell them any other important information about you



Before the operation, you can ask to visit the eye clinic or look at pictures of the eye clinic

This will help you to get to know the faces, voices and names of the people you will meet when you have the operation



After the operation you will wear an eye shield. You can practise having someone cover your eye with an eye patch



After the operation your eyes might be sensitive to light. You might find it very bright. Practise wearing sunglasses and a sun hat



You should try not to touch or rub your eyes

You may need a plan to help you stop doing this

The second hospital visit – your operation



You need someone who knows you well to go with you on the day of the operation



At the eye clinic you will meet the nurse. The nurse will talk to you about what will happen



The nurse will check your blood pressure again



Before your operation you will have eye drops

This will make your eye numb. This means you don't feel any pain



You may be taken to have your operation on a hospital trolley bed



Some people might have an anaesthetic to make them sleep during the operation



The operation will take place in an operating theatre



During the operation the eye doctor will take the cataract out of your eye and put a clear lens in



The operation doesn't hurt



The operation takes about 30 minutes

After your operation



After the operation you will have a plastic shield to cover your eye



You will need to stay in the hospital for a few hours

This is so the nurses can check you are okay



The feeling will come back to your eye after a few hours

After the operation your eye might feel sore or bruised but this feeling will go away in a day or two



You and your supporters need to follow the advice given by your eye doctor and nurse

They will tell you when it is okay to take the plastic shield off your eye



You will need to have drops in your eyes for a few weeks after the operation

You will need to have plans in place for drops to be given to you



Some people find it hard to take eye drops

You can ask your eye doctor about having a special injection or ointment instead



You may need to rest for a few days after the operation



You should not swim or do sport



Before

Before the operation, your eyesight may be blurred or unclear



After

You may see things more clearly soon after the operation
Sometimes it can take longer to notice this

Things may also look brighter



You may need to wear sunglasses or a sun hat for a few days after the operation



You may need support to stop you rubbing or touching your eyes after your operation



You will have a check up with the eye doctor a few weeks after the operation



You will probably need new glasses after the operation

The eye doctor will tell you when you should go to the opticians



If you have cataracts in both eyes you will usually have one eye operated on at a time

It may be a few months before you have the other eye operated on

Remember - you don't have to live with cataracts and vision that is not clear

An operation will help you see more clearly

We would like to thank Epsom and St Helier University Hospitals NHS Trust for their kind support and co-operation in helping us to make this factsheet

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