

# Preparing for cataract surgery at Loughborough or Hinckley Hospital

## Ophthalmology

Information for Patients

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### How should I prepare for my surgery?

Your doctor has arranged for you to have your cataract removed at either Loughborough or Hinckley Hospital.

A nurse may call you a few days before your surgery to check your health records are up to date.

These community hospitals require you to prepare for your surgery as follows:

- Before the operation make sure there is a responsible adult to take you home after surgery by car or taxi (not by bus). **They must stay with you for the first night** to check you are safe at home as your eyesight will be affected, usually until the next day.
- If you take warfarin please get your **INR level checked the day before surgery**. If your surgery is planned for a Monday, have it checked on the Friday before. If your INR is above 3 you must tell the Day Surgery Ward where you are booked; telephone numbers are on the next page.
- Please buy a small roll of approximately **1cm surgical tape** available from pharmacies and supermarkets. This is to keep an eye shield in place that will be given to you to wear at night for 1 week after surgery.
- If you use glaucoma eye drops continue with these unless you are told otherwise. You will need to have fresh unopened bottles available to use in your operated eye after surgery to reduce the risk of infection.
- **If you wear contact lenses they must not be worn for 1 week before surgery for hard lenses, or 48 hours for soft lenses.**
- If you have any infections, are taking antibiotics, or feel unwell on or before your surgery date, you must call and tell the Day Surgery Ward where you are booked.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## On the day of surgery you should:

- eat and drink as normal, having an early breakfast or lunch.
- take all medication as usual unless told not to, and bring a list of your medications with you.
- wear any hearing aids and bring your glasses.
- wear clothing that is loose around the neck.
- don't wear eye makeup, nail varnish or jewellery (wedding bands allowed).
- leave valuables at home. Mobile phones may be used on silent, but please do not take photographs in the hospital.
- arrive at the time you have been given, but please note this is not the time of your actual surgery. There will be several people on the same operation list who will all need to be prepared before surgery can start.

On arrival your nurse will welcome you and take you through to the ward. The person who brought you will be given an estimated time to collect you.

On the ward you will be given a seat. Your nurse will go through various checks and give you medication to prepare your eye for surgery. The surgeon and anaesthetist will also see you.

You should expect to be with us for about 2 to 4 hours.

## Contact details

Loughborough Hospital - Day Surgery Ward: **01509 564 406**

Hinckley Hospital - Day Surgery Ward : **01455 441 845**

If you have any questions that are not answered here, please call the Day Surgery Ward at the hospital where you are booked in for surgery.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)