

Preparing for cataract surgery at Loughborough Hospital

Ophthalmology

Information for Patients

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How should I get ready for my surgery?

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

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

You need to do the things listed below to prepare for your surgery:

- Before the operation make sure there is a responsible adult to take you home after surgery. This should be by car or taxi, not by bus. **They must stay with you for the first night after your surgery.** This is to check you are safe at home. 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. The phone number is on the next page.
- Please buy a small roll of about **1.25cm surgical tape.** You can get this from pharmacies and supermarkets. This is to keep an eye shield in place. We will give you the eye shield. You should wear it at night for 1 week after surgery.
- If you use glaucoma eye drops keep using them unless you are told not to. You need to have unopened bottles of eye drops to use in your operated eye after surgery. This will reduce the risk of infection.
- **You must not wear hard contact lenses for 1 week before surgery. You must not wear soft contact lenses for 48 hours before surgery.**
- 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.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk



On the day of surgery you should:

- eat and drink as normal. Have an early breakfast or lunch.
- take all medicines as usual unless told not to. Bring a list of your medicines with you.
- wear any hearing aids and bring your glasses.
- wear clothing that is loose around the neck.
- do not wear eye makeup, nail varnish or jewellery (wedding bands allowed).
- leave valuables at home. You can use a mobile phone on silent. Please do not take photographs in the hospital.
- arrive at the time you have been given. Please note this is not the time of your actual surgery. There will be several people on the same operation list. They will all need to be prepared before surgery can start.

When you get here your nurse will welcome you and take you through to the ward. We will give the person who brought you an estimated time to collect you.

We will give you a seat on the ward. Your nurse will go through various checks. They will also give you medicine 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 5 hours.

Contact details

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

If you are unwell or unable to attend the appointment, please contact - Day Surgery Reception - 01509 564400.

If you have any questions, please call the Day Surgery Ward.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة 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