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## Cataract and Lens Implant Surgery

### Pre-operative and discharge information for patients

Upon arrival for surgery, the Day Case Unit staff will place dilating drops just inside your lower lid. The drops will make your vision blurred but this enables Mr Tanner to have a good view of your cataract during the surgery.

When you come to Theatre, a local anaesthetic will be administered to make the operation painless. Some patients have anaesthetic drops (topical anaesthesia) and some will have an injection around the eye (sub-tenons anaesthetic).

Although you may see light and movement during your operation, you will not be able to see the surgery, and will not have to worry about keeping your eye open or closed. The other eye will be covered up. The skin around your eye will be thoroughly cleansed, and sterile coverings will be placed around your head. The operation usually takes about twenty minutes, sometimes a little longer. Occasionally a General Anaesthetic is given.

#### Immediately after surgery

When the operation is over, a clear plastic shield and sometimes a pad will be placed over your eye. This is just to protect your eye for 2-3 hours while the anaesthetic wears off – you do not have to wear it longer than that. However, some patients like the reassurance of covering the eye with a shield for a few days and nights post-operatively.

The local anaesthetic takes anywhere between 2 and 6 hours to fully wear off. You may notice at first that your eyelid is droopy or even closed – this is normal, and recovers promptly. Double vision during this “waking up” process is also very common and soon wears off.

After a short stay back on the Day Case Unit you will be ready to leave. You should plan to have someone drive you home or take a taxi.

## The days after surgery

The following day, your vision should be reasonable, although possibly quite blurry to start with. This should improve within 24-48 hours. It is normal for the eye to be a little inflamed, gritty, and watery for a while after surgery. You should aim to have a restful couple of days.

You can bend down to pick things up, and after 24 hours you may wash your hair. Be careful not to get any shampoo in your eye, although generally it won't do any harm. Don't use mascara for the first week, or any other products that may cause pressure on the eye. After the first week, apply products around the eye sparingly and with care for the next week or two.

You can drive when you feel comfortable and confident, and as long as you can read a car number plate from about 20 metres away (about three car lengths). You will normally be seen for a follow up appointment 1-3 weeks after your operation and second eye surgery discussed if appropriate.

Usually, 4-5 weeks after second eye surgery, you are asked to visit your Optometrist for spectacle testing and dispensing. The delay is so the eye can settle fully, and to allow time for subtle changes in corneal shape (and therefore spectacle requirement) to occur.

The main need will usually be for reading glasses, although a small distance correction (perhaps for driving) is sometimes necessary. Whilst waiting to see your Optician for these to be prescribed, it is perfectly in order for you to try a pair of "off the shelf" readers, which are widely available. These can provide a cost-effective, temporary solution.

## Following surgery you will need to:

- Use the eye drops as prescribed
- Be careful not to rub or press on your eye
- Use over-the-counter pain medicine if necessary
- Avoid jogging or high impact exercise for the first week.
- Continue normal daily activities and moderate exercise
- Report any significant pain or deterioration of vision

## What if I have a problem?

If you have any worries or concerns please contact the team on 0800 644 0700 / 0118 922 6906 or 0800 644 0900.

Out of hours please contact the main switchboard of the Hospital where you had surgery and they will contact Mr Tanner or his team for advice.