



8 St Marks Road, Remuera

phone (64) 09 529 2480

fax (64) 09 529 2481

email [admin@aucklandeye.co.nz](mailto:admin@aucklandeye.co.nz)

web [www.aucklandeye.co.nz](http://www.aucklandeye.co.nz)



# CATARACT DAY STAY SURGERY



**AUCKLANDEYE**  
*See your life* CHANGE

[www.aucklandeye.co.nz](http://www.aucklandeye.co.nz)

## YOUR CARE

We pride ourselves on ensuring your care, comfort, experience and outcome is foremost and delivered to the highest level. Auckland Eye and Oasis Surgical are the only procedure and consulting group in Auckland accredited by the DAA group for quality and patient care. If you have any questions at all during your time with us, please don't hesitate to contact one of our friendly team.

### BEFORE SURGERY Booking your surgery

When you visit your surgeon the details of your cataract surgery will be discussed with you including what will be done, what risks are involved and what outcome you can expect.

Following this our bookings clerk will discuss with you the time and date of your surgery and estimated costs. You will also be asked to complete a general health form. Our bookings clerk can help you with any information on approvals from your medical insurer.

Closer to the surgical date you will be sent a letter confirming these details.



## **DAY OF SURGERY**

### **Guidelines for pre-operative fasting**

#### **If you are having a local anaesthetic**

- A light meal (e.g. tea and toast – no fatty foods) may be eaten up to 2 hours pre-operatively.

#### **If you are having a general anaesthetic**

- No food for 6 hours pre-operatively.
- Clear fluids can be drunk up to 4 hours pre-operatively.

### **Check-in**

On arrival please check in with one of our receptionists.

### **Pre-operative care**

The nurse will review your medical history including medications and allergies and make certain that all necessary forms have been completed. The nurse will record your blood pressure and pulse and also put some eye drops in the eye to be treated.



## Anaesthesia

Cataract surgery is usually performed under local anaesthetic given by the anaesthetist. Your anaesthetist will review your history and explain the planned method of anaesthesia. An intravenous line (IV) will be placed as a precaution.

## Going to surgery

The operating room nurse will check your details and verify what procedure you are having and on which eye. You will then be transferred to the operating room on a trolley bed.

## **DURING SURGERY** In the operating room

In the operating room your heart rate and blood pressure will be monitored. The trolley bed will be laid flat and it is important that you are able to lie still for your operation. The area around your eye will be cleaned and a drape placed over the area. Oxygen is delivered beneath the drape to ensure you have fresh air to breathe.

# YOUR CATARACT SURGERY



Modern microsurgical cataract extraction is carried out under an operating microscope. After anaesthesia has taken effect, a small incision is made into the eye.

The hard centre or nucleus of the lens is removed first, then the outer shell or cortex. The thin transparent outermost coat of the lens, the capsule, remains in place and provides a space for the surgeon to implant the intraocular lens (artificial lens) specially prescribed for your eye. The small incision used is often selfsealing so that no sutures are required. If needed fine microsutures may be used to close the incision and an eye pad is placed over the eye. The surgery usually takes about 20 to 45 minutes.



## **AFTER SURGERY**

### **In the recovery area**

After surgery you will be taken on the trolley bed to the recovery area. The monitoring equipment will be removed and you will be walked to the patient lounge for refreshments. The nurse will give you a post-operative pack containing your medications and written instructions of how to care for your eye following the surgery. The nurse will also check that a follow-up visit has been arranged. This is usually on the day following surgery. You may find it beneficial to bring some sunglasses with you, as you may be sensitive to bright light after the eye pad is removed.

## **Going home**

You will go home the same day, usually half an hour after the surgery. You will need a responsible adult to drive you home. It is recommended that you have someone to stay with you for the night following surgery sedation.

# CATARACT SURGERY CHECKLIST

This checklist will help you prepare for your surgery. Check off each item to avoid cancellation or unnecessary delays.

## ○ PAYMENT

If paying on the day please ensure you have brought your credit card, EFTPOS or cheque book to pay for your theatre fee. If you have health insurance, please bring your insurance details with you.

## ○ LAB TESTS

These may be required by your surgeon. The bookings clerk will let you know.

## ○ CLOTHING

Wear comfortable clothes. Leave all jewellery and valuables at home.

## ○ TRANSPORT

A responsible adult must drive you home, since you will be recovering from surgery.

## ○ OVERNIGHT

It is recommended that you organise overnight care after your cataract surgery.