

PATIENT INFORMATION

Cataract Clinic Appointment

Why have I been referred to the cataract clinic?

In most cases, your optician or optometrist would have referred you to the eye department to consider cataract surgery.

What will happen at the cataract clinic appointment?

At this appointment you will have a pre-operative assessment. The appointment may take up to two hours.

Please bring with you:

- A list of the medicines that you take
- An up-to date sight test from your optician, and
- Your most recent glasses for distance and reading

You will be seen by a healthcare assistant, an ophthalmic nurse and an ophthalmic surgeon. Ophthalmic means eye.

You will be asked questions about your eyesight, medical history, allergies and current medicines. The size and shape of your eye will be measured. You may need drops to dilate your pupils. This means you will not be able to drive home, so please arrange transport home.

They will also assess your blood pressure, heart rate and oxygen levels. As well as blood sugar levels if you are diabetic or INR if you are on warfarin. This is to make sure that surgery is the most appropriate treatment for you.

If you had Excimer laser treatment (e.g. LASIK), it is very important to tell the doctors and nurses during your assessment as this may affect the calculation that are used to choose the lens implant. Please, provide any related reports if available.

If you usually wear contact lenses, please do not wear them for 1 week if these are soft contact lenses or for 2 weeks if these are rigid/gas permeable contact lenses. This is to ensure that the measurements we take from the eye are reliable and accurate.

During this appointment the ophthalmic surgeon will explain to you the risks and benefits of cataract surgery and together you will decide if cataract surgery would help. You will be offered written information about the surgery.

Please ask any questions or raise any concerns you may have during this visit

What happens next?

If cataract surgery was agreed, your name will be added onto the surgical waiting list. You will then have pre-assessment appointment. This usually take place through a telephone conversation, but you may need to have an extra face to face appointment prior to surgery. If no problems were identified, you will be offered a date to come for surgery.

While you are waiting to be seen in the cataract clinic when you will receive written information about cataract surgery. If you have access to internet you can watch some videos available on the online Torbay Hospital library about cataract surgery.

Please use the link below to access the cataract surgery related videos.

<https://videos.torbayandsouthdevon.nhs.uk/ophthalmology/66550>

Alternatively, scan this QR code with a smart phone.



For further assistance or to receive this information in a different format, please contact the department which created this leaflet.