

Information

Cataract Surgery





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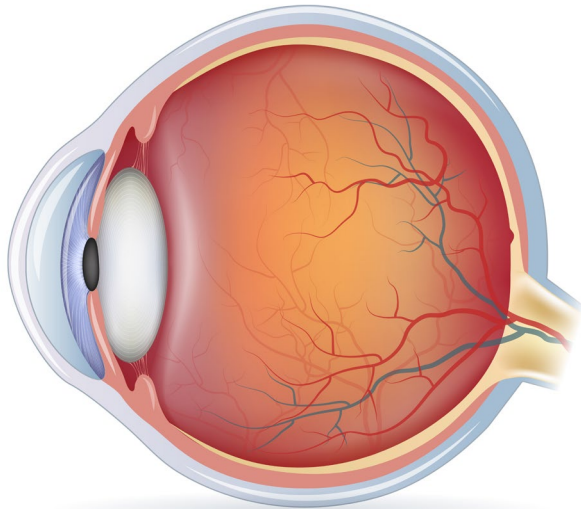
Reasons for Cataract Surgery

You have been diagnosed with a cataract. This is an opacification of the crystalline intraocular lens. A cataract can either be age-related, or may be due to genetic or systemic diseases, medication, or after trauma.

Cataract can lead to reduced visual acuity up to blindness, color vision disorders and glare.

During cataract surgery, your opacified natural lens is replaced with an artificial, clear lens.

In certain cases, special lenses are recommended (toric, multifocal, ...). This should be discussed with the treatment team in advance.



The Surgery

Cataract surgery is usually performed on an outpatient basis.

Please **fast** prior to the operation (no food or drink starting 6 hours before the admission time).

Anesthesia

Cataract surgery is usually performed under local anesthesia. The surface of the eye is anesthetized with eye drops and, if necessary, with an injection of local anesthetic. In rare cases, cataract surgery is also performed under general anesthesia. You will discuss this personally with your surgeon in advance of the surgery. Our anesthesia team will assist you before, during and after the surgery.

Surgery

Cataract surgery is performed under a microscope. The opacified lens is removed through microsurgical access at the edge of the cornea. A new artificial lens is then implanted in the original lens capsule.

Risks

Every surgery is associated with risks. A detailed assessment of the benefits and risks of the surgical procedure will be conducted prior to the surgery together with the treating team. The final decision for or against surgery is yours. You can withdraw from an operation at any time.

- Pain, foreign body sensation, tearing
- Glasses adjustment for optimal vision correction
- Secondary cataract/capsular opacities
- Bleeding (including choroidal bleeding)
- Inflammation/infection
- Need for further surgery
- Retinal detachment
- Fluctuations in intraocular pressure
- Temporary swelling of the retina or cornea
- Instability or subluxation of the artificial lens
- Injury to other structures in the eye
- General anesthetic risks
- Temporary or permanent change in vision and risk of blindness (rare)

Please discuss any open questions with your healthcare team prior to the procedure.

Postoperative Recommendations

Eye Drops and Ointments

- You will receive a postoperative prescription for eye drops and/or eye ointment (usually antibiotic and anti-inflammatory drugs).
- Make sure you use the therapy regularly as instructed.
- If necessary, you can also apply moisturizing eye drops for foreign body sensation.
- Please bring the prescriptions/medication with you to the follow-up appointments so that they can be adjusted as necessary.



Eye Protection

- You do not need to wear special eye protection
- Sunglasses are recommended if you experience glare from sunlight.

Follow-up Examinations

- We will give you the dates for the follow-up appointments upon discharge.
- Normally, the follow-up appointments after cataract surgery take place 1 day, 1 week and 1 month following surgery.
- The follow-up checks can be performed by your private ophthalmologist or at our clinic, depending on your wishes.
- Glasses can be adjusted approximately 4-6 weeks after cataract surgery.
- If you feel any deterioration (loss of vision, new shadows, floaters, pain), a prompt follow-up visit is recommended (within 24 hours).



Allowed After Surgery

- Cleaning of the closed eye with tap water without pressure
- You may shower and wash your hair, but avoid getting water in your eye during the first few days
- Reading, watching TV, light housework
- Lifting of light objects (using only the muscle strength of the arms)
- Going for a stroll or light walk



Avoid After Surgery

- Rubbing the eye and pressing on the eye
- Working in a very dusty or dirty environment (stable, carpentry, garden, etc.)
- Strenuous sport (jogging, cycling, etc.)
- Swimming / public baths
- Driving a car until you get permission from the ophthalmologist

Normal Symptoms and Warning Signs



Normal Symptoms

- Blurred vision in the first few days after the operation
- Mild symptoms such as scratching, burning, tears, foreign body sensation, reddening of the eyes



Warning Signs

- Increase in pain, redness, tearing
- Severe itching, noticeably red/swollen eyelids
- Significant visual impairment
- Perception of new shadows

If you have any suspicious symptoms, we recommend that you see your ophthalmologist within 24 hours or visit us at the department of ophthalmology (during daytime from Monday to Friday) or in the general emergency department at the Inselspital (from 5 p.m. and on weekends and public holidays).

Contact Information Insehspital Eye Clinic

Our ophthalmologists at Insehspital are available 24 hours a day.

Department of Ophthalmology (Monday – Friday, 8 a.m. – 5 p.m.)

+ 41 31 632 25 01

University Clinic for Emergency Medicine (24 hours)

+ 41 31 632 24 02

General contact Insehspital Bern (24 hours)

+ 41 31 632 21 11

(ask for the ophthalmologist)





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