

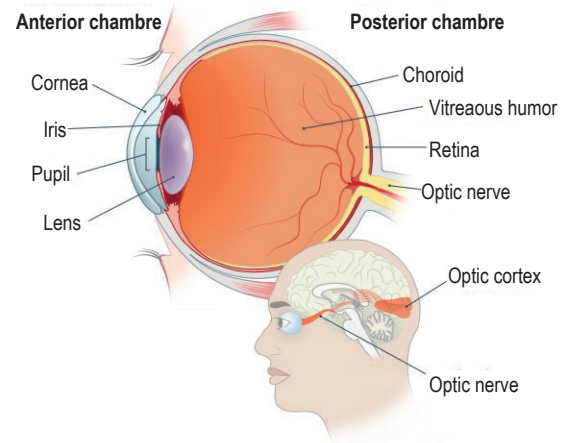


THE GUIDE TO  
**CATARACT SURGERY**

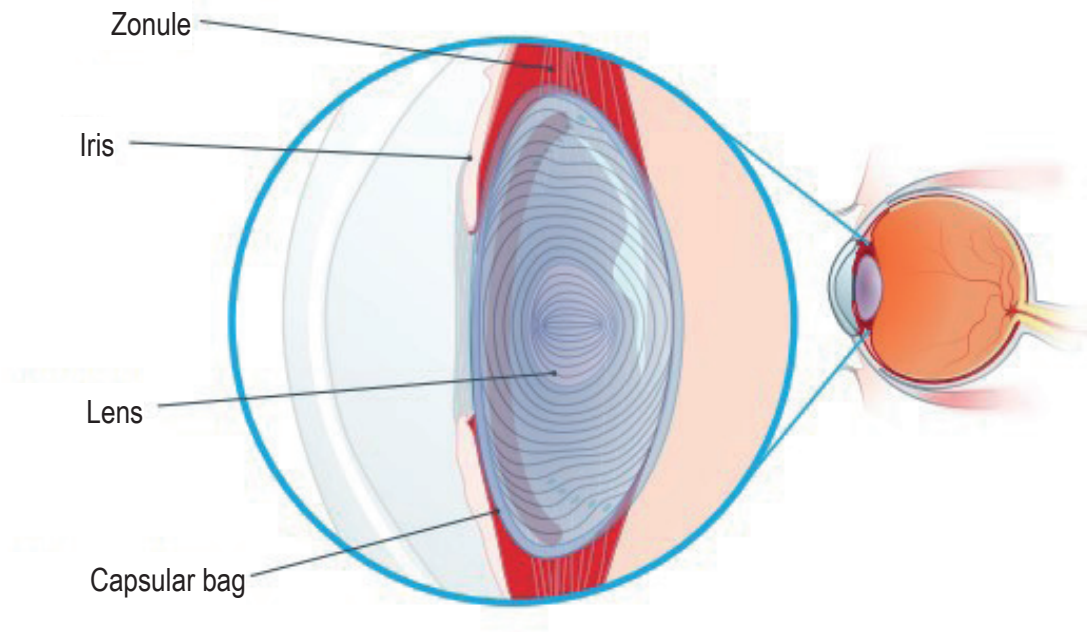


## YOUR EYE

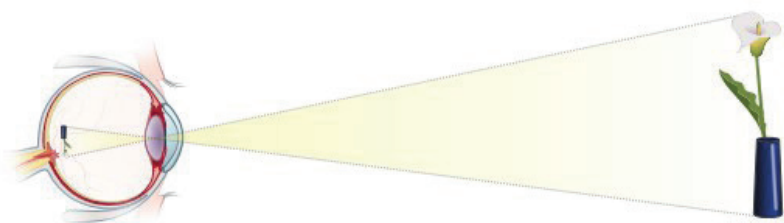
Your eye is made up of many components that help you see. At the front there is the cornea (a transparent film), the iris (the coloured part), the pupil (the black central part), then the crystalline lens (the lens). At the back, the retina makes it possible to send images from the optic nerve to the brain.



## HOW CAN THE EYE SEE?



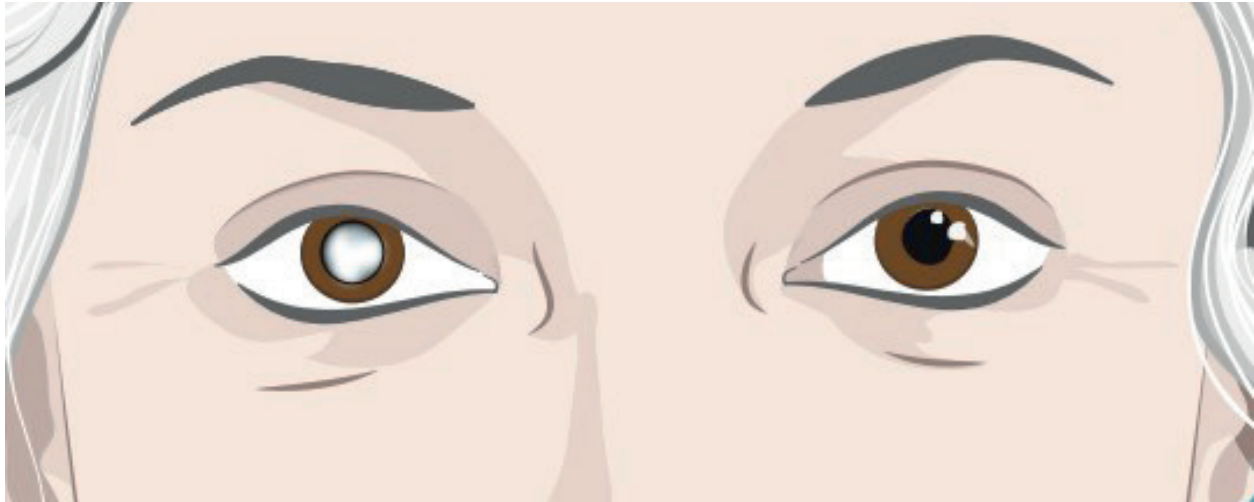
When light enters the eye, the crystalline lens directs the light rays to a point at the back of the eye, called the retina. This creates an image that we can see, like a camera.





## WHAT IS A CATARACT?

When the crystalline lens loses its transparency, we call it a cataract.

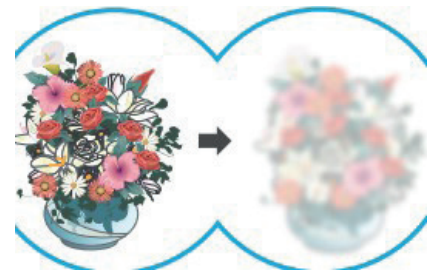


## HOW DOES A CATARACT DEVELOP?

The crystalline lens of your eye is mainly composed of water and proteins. Normally, proteins are arranged so that light can easily pass through. With age, the arrangement of proteins naturally changes and they become tighter. When the proteins are tightened, light does not pass as well as before. The crystalline lens then becomes opaque.

The main cause of cataracts is age.  
But they can also develop because of:

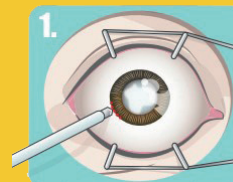
- UV rays from sunlight;
- Diabetes;
- Eye injury.



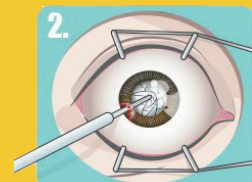
## WHAT IS CATARACT SURGERY?

Surgery is the only treatment for cataracts. Since it is not an emergency, you can decide the best time to do it with your doctor.

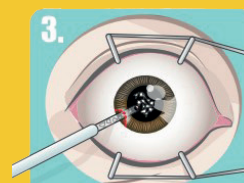
During the procedure, the surgeon...



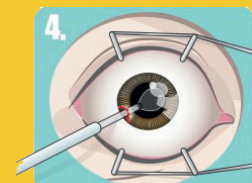
1. Makes a small incision in the cornea.



2. Gently breaks the cataract into small pieces using ultrasound waves and a pen-like tool (phacoemulsification).



3. Remove the pieces of cataract from your eye by carefully aspirating them.



4. Replaces the cataract with a new transparent lens.



## **GUIDELINES FOR YOUR CATARACT SURGERY**

1. The hospital will contact you with the date of your cataract surgery.
2. When you have your surgery date, go to the pharmacy to get your prescribed drops (the prescription was given to you during your meeting with the ophthalmologist). You will need to use these drops as directed by the pharmacist. It is not necessary to use the prescribed drops the morning of the surgery.
3. Two business days before the day of your procedure, the hospital will contact you with the time at which you should arrive on the morning of the surgery. Report any condition that could interfere with the surgery (cold, cough, fever, etc.).
4. The morning of surgery :

### **IN ROUYN-NORANDA AND AMOS**

- You must be accompanied on the day of surgery.
- You can have breakfast and take your medication as usual, including glaucoma drops.
- Wear a short-sleeved sweater, since you will put a jacket over your clothes.
- Do not put on makeup and remove all your jewelry.
- Go to the second floor of the hospital where an administrative officer will receive you.
- The nurse will call you.
- You will not be operated on immediately, the nurse must prepare you and put drops in your eyes.

### **IN VAL-D'OR**

- Report to the hospital admission office.
- You must be accompanied on the day of the surgery.
- You can have breakfast and you must take your medication as usual.
- You may only wear a dressing gown.
- Do not put on makeup and remove all of your jewelry.
- After being admitted, present yourself to the operating room and hand over your file to the administrative assistant.
- The nurse will call you.
- You will not be operated on immediately, the nurse must prepare you and put drops in your eyes.

5. When everything is ready, your surgery will begin, and the surgeon will proceed to replace the old lens. The duration of the procedure may vary from one surgery to another.



## AFTER SURGERY

Medications offered after surgery may vary from one ophthalmologist to another. It is important to follow the instructions given by your doctor and your pharmacist regarding the use of prescribed medications, the reason for their use, and the duration of the procedure.

## APPLYING THE DROPS

You will have to use drops after surgery, starting from the time prescribed by your ophthalmologist. Please note that it is extremely important to keep using your eye drops for the entire period as recommended by your healthcare professional. If you have any questions, please contact your pharmacist.

## HOW TO USE EYE DROPS

1



Wash your hands.

2



Take the dropper bottle between the thumb and forefinger.

3



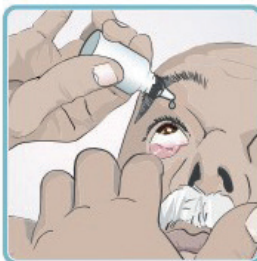
Tilt your head back.

4



Look up while you pull your lower eyelid down to form a pouch.

5



Gently press the dropper bottle until one drop at a time falls to the centre of the lower eyelid of your eye.

6



Keep your head tilted back, close your eyes and let the drops spread over the surface of the eye. Use only disposable papers to dry out any excess drops.

**Always wash your hands before and after caring for the operated eye.  
The nurse will teach you the necessary postoperative care.**



## RECOMMENDATION

### For one week

- Do not drive on the day of surgery as well as the day after.
- Do not tilt your head lower than at the belt level.
- Do not force (constipation).
- Do not sleep on your stomach or on the operated side.
- Do not pick up animals.
- Wear the shell to sleep at night and during naps.
- Wash your hair as you would at the hairdresser's, with your head in the back. Protect the eyes with a towel.
- Do not rub eyes.

### For two weeks

- Do not lift heavy weights (more than 10 lb).
- No gardening.
- No swimming/spa.
- No makeup.

### For one month

- No dye or perms.

### Suggested activities

- Reading
- Watching TV
- Walking

## PAIN MANAGEMENT

Take 2 tablets of acetaminophen (Tylenol) 500 mg every 4 hours, as necessary. A maximum of 8 tablets per day is allowed.

## HEALING

Complete healing can take 1-3 months.

Do not change glasses for a month, or before your eyes are operated on, where necessary.

***You should be seen one month after surgery by your ophthalmologist or optometrist as directed.***



## Seek help quickly if:

- You experience unusual pain that persists and is not controlled by the regular intake of acetaminophen (Tylenol).
- You have rapid vision loss or total loss of vision.
- The operated eye becomes redder and swollen.
- There is discharge stemming from the operated eye.



## FOR QUESTIONS DURING THE WEEK, CALL:

**Amos : 819 732-3341, ext. 2181**  
**Rouyn-Noranda : 819 764-5131, ext. 43156**

**Val-d'Or : 819 825-5858, ext. 2215 or 2250**

## Evenings and weekends:

Contact your optometrist, Info-Santé 8-1-1 or go to the nearest emergency room.

## REGISTER YOUR APPOINTMENTS

### Rouyn-Noranda Hospital outpatient clinic

Dr Mohamed Albahiti, ophthalmologist

Date: \_\_\_\_\_

Hour: \_\_\_\_\_

### Rouyn-Noranda Hospital outpatient clinic

Dre Kahina Zéroual, ophtalmogiste

Date: \_\_\_\_\_

Hour: \_\_\_\_\_

### Amos Hospital - 5<sup>th</sup> floor

Dre Pascale Dubé, ophtalmogiste

Date: \_\_\_\_\_

Hour: \_\_\_\_\_

### Val-d'Or Hospital

Dr Christian El-Hadad, ophtalmogiste

Médecin dépanneur

Date: \_\_\_\_\_

Hour: \_\_\_\_\_

### Val-d'Or Hospital

Dre Silvin Bakalian, ophtalmogiste

Date: \_\_\_\_\_

Hour: \_\_\_\_\_

### Other ophthalmologist

Dr

Date: \_\_\_\_\_

Hour: \_\_\_\_\_

# THE GUIDE TO CATARACT SURGERY



**Centre intégré  
de santé et de services  
sociaux de l'Abitibi-  
Témiscamingue**

**Québec** 

**ISBN : 978-2-550-91143-2 (PDF)**  
(Original edition : 978-2-550-90258-4)  
Legal Deposit – Bibliothèque et  
Archives nationales du Québec, 2022

 2021-047ENG | V02 - February 2022