



Operation Information

Phacoemulsification + Intraocular Lens Implantation

Introduction

Cataract is an eye disease in which the normally clear lens becomes cloudy or opaque, causing reduced vision. Phacoemulsification is a method of cataract operation which removes the cloudy lens and replaces it with an implanted intraocular lens in order to improve vision.

Outcomes

The expected outcome of this procedure is determined on different indications. This operation will significant help to improve the vision of the affected eye by replaced the cloudy lens.

Procedures

1. The operation is performed under general anaesthesia or local anaesthesia.
2. The doctor will make a very small incision near the white outer part of the eye.
3. A thin ultrasound probe is inserted into the eye which uses ultrasonic vibrations to dissolve (phacoemulsify) the clouded lens, these tiny fragments are then suctioned out through the same ultrasound probe.
4. The cataract is then replaced with an artificial intraocular lens.
5. The wound is closed with stitches if necessary.

Possible Risks and Complications

1. Poor wound healing
2. Infection
3. Bleeding
4. Intraocular lens non-implantation, damage or dislocation
5. Posterior capsule tear and exudation of vitreous body
6. High pressure in the eye
7. Retinal detachment
8. Unexpected refractive change
9. Swelling and clouding of cornea
10. Drooping of eyelid
11. Sympathetic endophthalmitis affecting the opposite eye
12. Retained cataract fragments
13. Clouding of the posterior capsule of the lens
14. Pupil distortion
15. Decentration or fogging of intraocular lens that may require centering, removal or re-implantation
16. Macular oedema
17. Blindness

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

Pre-operative Preparations

1. Good hygiene can prevent surgical wound infection. Therefore, we advise you to clean up yourself on the day of operation.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect blood coagulation, such as Aspirin, Warfarin, Xarelto or Pradaxa and Chinese medication.
4. The axial length of the eye and curvature of the cornea are measured for calculation of the intraocular lens power.
5. Eyelids should be kept clean to minimize the risks of post-operative infection.
6. You must follow the instructions on administration of eye drops before the operation (if applicable).
7. No food or drink six hours before operation. (For general anaesthesia only)
8. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewelry and contact lenses. Do not put creams, lotions, or makeup on the face or around the eyes.
9. Please empty your bladder before the operation.

Post-operative Instructions

General

1. After general anaesthesia, you may:
 - experience discomfort in the throat after tracheal intubation.
 - experience side effects of anaesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.
3. Hair washing should be avoided for the first week after the operation to prevent water getting into the operated eye.
4. You should avoid excessive coughing which may negatively affect the wound healing.

Wound Care

1. The operation site will be covered with eye pad or eye shield. Please keep the wound clean and dry.
2. You should use the eye drops or ointment as prescribed by doctor.
3. The stitches should remain in place unless they are loosened, broken or cause excessive astigmatism, infection or irritation.
4. You are advised to wear clothing with buttons instead of pullovers to avoid contact with the affected eye(s) and causing infection.

Diet

1. A normal diet may be resumed as instructed after recovery from anaesthesia.
2. After recovery from operation, you are advised to drink more water in conjunction with a fiber-rich diet to avoid constipation.

Advice on Discharge

1. You should use the eye drops or ointment as prescribed by the doctor.
2. The time of recovery varies depending on the severity of the eye problem. If you have prior corneal or retinal disease, the result may not be as good as expected.
3. Wearing of dark sunglasses if desirable when you go outdoors.
4. Do not rub the operated eye.
5. Please avoid swimming and strenuous exercise for a few weeks.

6. It is advised to leave some lighting when you go to toilet at night to avoid falls.
7. Vision usually takes a few months to stabilize after the operation.
8. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain associated with redness and swelling, draining pus, massive bleeding, acute stomachache, indigestion, diarrhea, dizziness, shortness of breath and jaundice, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
9. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification