

Having a cataract operation



The operation will help you see better



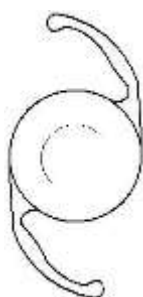
Easy Read Factsheet

Lots of people have cataract operations

It is a very safe operation

The cloudy lens in your eye is replaced by a clear lens

The new lens looks like this



This fact sheet tells you about having a cataract operation

More information

There is a film and other fact sheets to help you understand about cataracts and choosing to have an operation.

- 'You and Eye' film
- 'What is a cataract?' fact sheet
- 'Consent and capacity' fact sheet



The 'You and Eye' film and our Easy Read fact sheets are on the SeeAbility website. Go to:

www.seeability.org/sharing-knowledge

You need to go to hospital twice to have your cataract operation

The first visit is for a check up



The second visit is for the operation a few weeks later



You will be able to go home after each visit.
You won't stay overnight in hospital



You and your supporters can ask for help

Many hospitals have Learning Disability Liaison Nurses

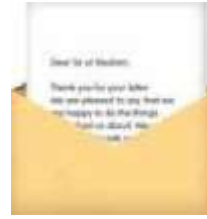
Some hospitals have Eye Clinic Liaison Officers

These people can help you get ready for your operation



The first hospital visit - Your check up

You will be sent a letter telling you the date of your check up at the eye clinic



It is a good idea to go to your check up with a supporter who knows you well



The eye doctor will measure your eyes and look at your cataracts



The nurse will check your blood pressure



The nurse and the eye doctor will talk to you about your cataract operation

You and your supporter can ask questions



The eye doctor will tell you the date for the operation which will be in a few weeks time



Getting ready for your operation

You and your supporters should plan the help you will need

You may need help before, during and after your operation

We have a form called **'Eye Surgery Support Plan'**

You can use this form to plan the help you need. Click on the link below to download a form.

https://www.seeability.org/uploads/files/PDFs_Boks_Easy_Read_/ESSP_full.pdf

Your plan will also help doctors and nurses understand how you communicate and will tell them any other important information about you



Before your operation you might find it useful to:

- Visit the eye clinic or look at pictures of the eye clinic to get to know the faces, voices and names of the people you will meet when you have the operation



- Watch the 'You and Eye' film about having a cataract operation. Go to: www.seeability.org/sharing-knowledge



- Practice having someone cover your eye with an eye patch



- Practice wearing sunglasses and a sun hat



- If you touch or rub your eyes a lot you may need a plan to help you do this less



The second hospital visit - Your operation

You need someone who knows you well to to with you on the day of the operation

This person will take you home on the same day to support you afterwards



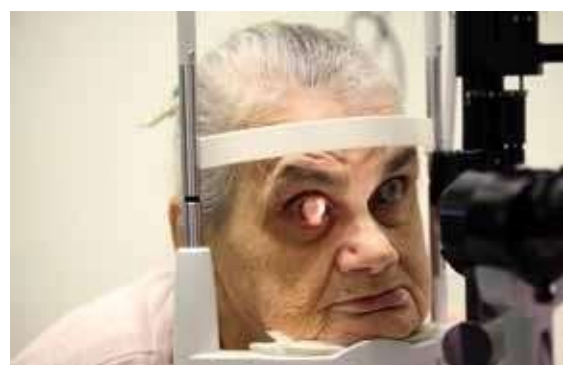
At the eye clinic you will meet the nurse. The nurse will talk to you about what will happen



The nurse will check your blood pressure again



Your eyes will be looked at again



Before your operation you will have eye drops

This will make your eye numb, so you don't feel any pain



Some people might have an anaesthetic to make them sleep during the operation



You may be taken to have your operation on a hospital trolley bed



The operation will take place in an operating theatre



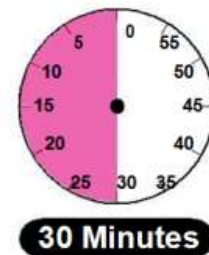
During the operation the eye doctor will take the cataract out of your eye and put a clear lens in



The operation doesn't hurt



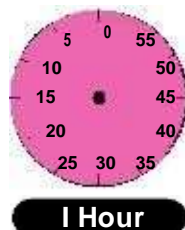
The operation takes about 30 minutes



After the operation you will have a soft bandage plastic shield like a lens put on your eye



You will need to stay in the hospital for about an hour



This is so the nurses can check you are okay



After your operation

The feeling will come back to your eye after a few hours

After the operation your eye might feel sore or bruised but this feeling will go away in a day or two



You and your supporters need to follow the advice given by your eye doctor and nurse

They will tell you when it is okay to take the bandage and plastic shield off your eye



You will need to have drops in your eyes, or tablets, for a few weeks after the operation



You will need to have plans in place for drops or tablets to be given to you

You may need to rest for a few days after the operation. You should not swim or do sport



You may see things more clearly soon after the operation



before

Sometimes it can take longer to notice this

Things may also look brighter



after

You may need to wear sunglasses or a sun hat for a few days after the operation



You may need support to stop you rubbing or touching your eyes after your operation



You will have a check up with the eye doctor a few weeks after the operation



If you have cataracts in both eyes you will have one eye operated on at a time



It may be a few weeks or months before you have the other eye operated on

Remember - you don't have to live with cataracts and poor vision

An operation will help you see again and to your enjoy your world clearly and safely



Go see to it !



We would like to thank Epsom and St Helier University Hospitals NHS Trust for their kind support and co-operation in helping us to develop this factsheet

Designed by The Clear Communication People Ltd, email: mike@communicationpeople.co.uk. Some photosy mbols used go to www.photosy mbols.com



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