



## Your care

We pride ourselves on ensuring your care, comfort, experience and outcome is a priority and delivered to the highest level. Auckland Eye is the only private sector eye centre in Auckland that has Quality Health New Zealand accreditation for quality of patient care. If you have any questions at all during your time with us, please don't hesitate to contact one of our friendly team.

## Before surgery

### Booking your surgery

When you visit your surgeon the details of your cataract surgery will be discussed including what will be done, what risks are involved and what outcome you can expect.

Following this our bookings clerk will discuss the time and date of your surgery and estimated costs. You will also be asked to complete a general health form. Our bookings clerk can help with any information on approvals from your medical insurer. Closer to the surgical date you will be sent a letter confirming these details.



## Day of surgery

### Guidelines for pre-operative fasting

If you are having a local anaesthetic.

- A light meal (e.g. tea and toast – no fatty foods) may be eaten up to 2 hours pre-operatively.

If you are having a general anaesthetic.

- No food for 6 hours pre-operatively
- Clear fluids can be drunk up to 4 hours pre-operatively.

### Check In

On arrival please check in with one of our receptionists.

### Pre-operative care

The nurse will review your medical history including medications and allergies and make certain that all necessary forms have been completed. The nurse will record your blood pressure pulse and also put some eye drops in the eye to be treated.

### Anaesthesia

Cataract surgery is usually performed under local anaesthetic given by the anaesthetist. Your anaesthetist will review your history and explain the planned method of anaesthesia. An intravenous line (IV) will be placed as a precaution.

## During surgery

Once you are in the operating room the theatre bed will be laid flat and it is important that you are able to lie still for your operation. The nurse will then check your records, verify what procedure you are having and ensure all details are correct. You will be monitored throughout your time in theatre. Then, the surgeon will clean around your eye and a drape will be placed over the area. Oxygen is delivered beneath the drape to ensure you have fresh air to breathe.

## Your cataract surgery

Modern microsurgical cataract extraction is carried out under an operating microscope. After anaesthesia has taken effect, a small incision is made into the eye. The hard centre or nucleus of the lens is removed first, then the outer shell or cortex. The thin transparent outermost coat of the lens, the capsule, remains in place and provides a space for the surgeon to implant the intraocular lens (artificial lens) specially prescribed for your eye. The small incision used is often self-sealing so that no sutures are required. If needed fine microsutures may be used to close the incision and an eye pad is placed over the eye. The surgery usually takes about 20 to 45 minutes.

## After surgery

### In the recovery area

After surgery you will be taken back to the recovery area. The monitoring equipment will be removed and you will be walked to the patient lounge for refreshments. The nurse will give you a post-operative pack containing your medications and written instructions of how to care for your eye following the surgery. The nurse will also check that a follow-up visit has been arranged. This is usually on the day following surgery. You may find it beneficial to bring some sunglasses with you, as you may be sensitive to bright light after the eye pad is removed.

### Going home

You will go home the same day, usually half an hour after the surgery. You will need a responsible adult to drive you home. It is recommended that you have someone to stay with you for the night following surgery.



## Cataract surgery checklist

This checklist will help you prepare for your surgery. Check off each item to avoid cancellation or unnecessary delays.

- Surgery times – please remember to call and confirm your surgery time the day before your operation.
- Payment – if paying on the day please ensure you have brought your credit card, EFTPOS card or cheque book to pay for your theatre fee. If you have health insurance, please bring your insurance details with you.
- Lab tests – may be required by your surgeon. The bookings clerk will let you know if these are required.
- Clothing – wear comfortable clothes. Leave all jewellery and valuables at home.
- Transport – a responsible adult must drive you home, since you will be recovering from surgery.
- Overnight – it is recommended that you organise overnight care after your cataract surgery.



Affiliated Provider to



# Cataract Day Stay Surgery



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