OKKO
EYE SPECIALIST CENTRE

What to Expect

A Step-By-Step Guide to Cataract Surgery

Introduction

Being diagnosed with cataracts and having to undergo cataract surgery can sometimes feel very overwhelming, but it certainly does not have to be a difficult experience! This document will help to guide you through every step of the journey.

Initial Consultation

At your initial consultation with your ophthalmologist, they will have discussed the following with you:

- What happens during cataract surgery
- Types of Intraocular Lenses (IOLs)
- What type of vision you would like after cataract surgery (eg. aiming for good distance vision and continuing to use reading glasses)
- Potential complications of surgery
- Potential secondary procedures that may be required after cataract surgery

Some of this information will have been provided to you in writing. Additionally, a medical secretary will go through the dates and times of upcoming surgery and appointments.

Please note that OKKO Eye Specialist Centre will NOT be able to tell you your surgery time. Your admission time is determined by the hospital based on medical needs, and they will contact you directly via SMS or a phone call 2 days prior to surgery let you know when to arrive on the day of surgery.

On the next page, you will find an appointment schedule for your reference.

Appointment Schedule

Your surgery booking with:

Date: | Day: | Eye:

Your admission time will be advised 2 days prior by the day surgery.

Location:

- ☐ Rivercity Day Surgery
- ☐ South Brisbane Day Hospital
- ☐ Eye Tech Southside
- ☐ Brisbane Day Surgery

All hospital locations and contact details are in the back of this booklet.

First 1 day post-op appointment

Date: | Time:

Location:

Your second eye surgery

Date: | Day: | Eye:

Final 4–6 week post-op appointment

Date: | Time:

Location:

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The Week Before Surgery

Please ensure all admission paperwork has been completed and sent to the relevant hospital at least 1 week prior to surgery.

The applicable doctor fees must also be paid PRIOR to surgery. A copy of fees will have been provided in your surgery pack. If you prefer to bank transfer your fees, please find the banking details for your specific doctor below. Please use your full name as the reference.

☐ Dr Matthew Russell

ACCOUNT NAME: Dr Matthew Kevin Russell
BSB: 034 239
ACCOUNT NUMBER: 263 369

☐ Dr Delia Wang

ACCOUNT NAME: Delia Wang
BSB: 034 069
ACCOUNT NUMBER: 629 988

☐ Dr Eve Hsing

ACCOUNT NAME: Dr Eve Hsing
BSB: 484 799
ACCOUNT NUMBER: 1222 09381

The Day Before Surgery

The hospital will make contact with you regarding your admission time. You will need to stop eating all food 6 hours prior to surgery.

- If your surgery is in the morning, do not eat after midnight
- If your surgery is in the afternoon, please wait to be advised by the day surgery about when to stop eating and drinking.

Water and medication can be taken up to 2 hours prior to surgery. If you normally use eye drops, they can also be continued up until the time of surgery unless otherwise advised.

Please shower and wash your hair the night before or the morning of surgery as we will ask you to limit getting water in your eye(s) for 1 week after surgery.

Please contact the appropriate anaesthetist group if you have speci fic questions regarding use of your medications prior to cataract surgery. Your anaesthetist is:

☐ Wesley Anaesthesia

☐ River City Anaesthesia

☐ Wickham Terrace Anaesthesia

☐ Dr Alexander O'Donnell

☐ Narcosia Anaesthesia

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The Day Of Surgery

While cataract surgery itself only takes 20 minutes, you should plan to be in the hospital for approximately 3–4 hours. Due to the nature of surgery, there may be unexpected delays on the day. Please ensure you have a carer ready to take you home after surgery – the hospital will contact them approximately 30 minutes before you are ready to be collected. Please note that if you have received intravenous sedation, you CANNOT take a taxi or rideshare home by yourself.

Please bring the following with you on the day of your surgery:

- All relevant cards (Medicare, Private Health Fund, Veteran Affairs, Concession/Pension Cards)
- Current list of medications
- Outstanding payments (eg. hospital fees, Health Fund excess/co-payments) (EFPTOS preferred, otherwise exact cash amount required)

Please DO NOT bring valuables with you – leave watches, jewellery, money at home. We recommend wearing comfortable loose clothing (preferably button-up shirts). Please avoid use of any hair oil or hair spray, nail polish, make-up and acrylic nails

After Surgery

Immediately after surgery, it is quite normal for your pupil to still be dilated, and for your vision to feel blurry or foggy. Many people are aware that their vision is brighter and "more white" compared to before (or compared to the fellow eye, if it has not yet had surgery). You may also notice haloes around lights and "flickering" in your vision, and the eye can feel gritty or stingy. It can take a few days for the vision to gradually improve. Feel free to take Paracetamol for mild discomfort, and to use preservative-free lubricants to help with grittiness. Please call the practice on (07) 3725 0222 or (03) 9389 3625 (for after hours) if you experience pain that is not relieved by Paracetamol or loss of vision

If your eye has been covered by a clear eye shield, please remove it 4 hours after your surgery and commence your eyedrops as per below.

If your eye has been covered by a clear eye shield AND eye pad, please leave both on overnight and remove both in the morning, then commence your eye drops.

You will be given 3 postoperative eye drops to use after your surgery. All drops will be supplied directly to you after surgery, you do not need to source these yourself. Additionally, a medication schedule will be provided to you to help keep track of your eye drops. Unless otherwise directed, you should continue to use any other scheduled eye drops (including lubricants) in addition to those listed below.

1. Chlorsig (antibiotic): Use 1 drop 4 times a day for 1 week.	Use 1 drop 4 times a day for 1 week.
2. Ilevro (anti-inflammatory): Use 1 drop at night (bedtime) for 2 weeks.	Use 1 drop at night (bed time) for 2 weeks.
3. Maxidex (steroid) Use 1 drop 4 times a day for 3 weeks;	Use 1 drop 4 times a day for 3 weeks; THEN drop 2 times a day until review/runs out.

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You will usually be required to attend a postoperative appointment approximately 1–4 days after your surgery. At this point, your doctor or an optometrist will check your vision and eye pressure and will answer any questions you have.

Please continue to wear the clear eye shield over the eye(s) for 1 night or until your first post-op appointment, whichever comes second to avoid rubbing or touching the eye(s) during sleep. You do not need to use this during the day.

You can use your eye(s) for daily activities like reading, using the computer and watching television right away; and you can drive 24 hours after your surgery (once your intravenous sedation has worn off) if you feel confident to do so. You can also shower and wash your hair immediately after surgery, but please avoid getting water and soap into the eye for the first week. During this time, you can clean the eye with a clean tissue/cotton wool and water that has been boiled then cooled down.

In the first 2 weeks, we recommend avoiding:

- Strenuous activity such as heavy lifting (greater than 10kg) or that could cause a knock to the eye (eg. contact sports). Gentle cardio exercise (eg. walking, stationary trainer) is acceptable.
- Makeup directly applied to the eyelids.
- Gardening
- Swimming
- Bending head-down for extended periods of time. Please note that bending for short periods of time such as picking something up from the ground, is absolutely OK.

You can continue to use your normal glasses and/or sunglasses provided by the Day Surgery. However, if you formerly wore prescription glasses or sunglasses then your vision will often have changed following cataract surgery. The doctor or optometrist that sees you at your 1–4 day postoperative review will advise you on what spectacles to use. We recommend deferring any update in your spectacles until you have been given clearance to do so (usually around 6 weeks).

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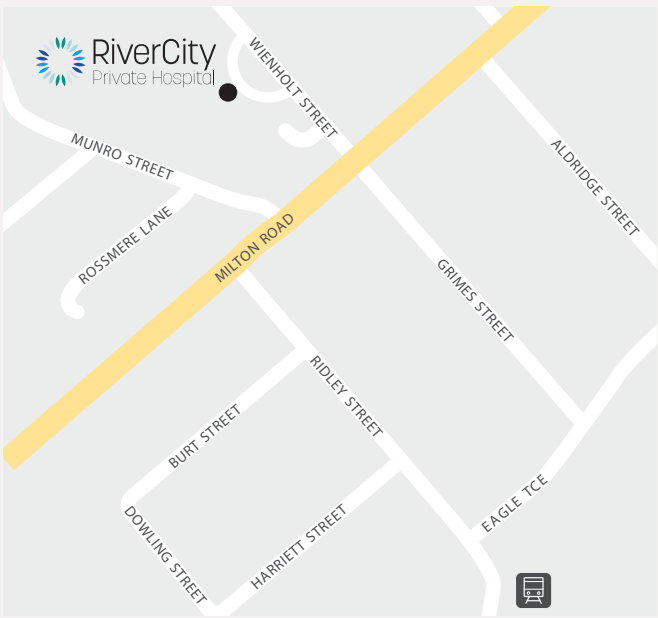
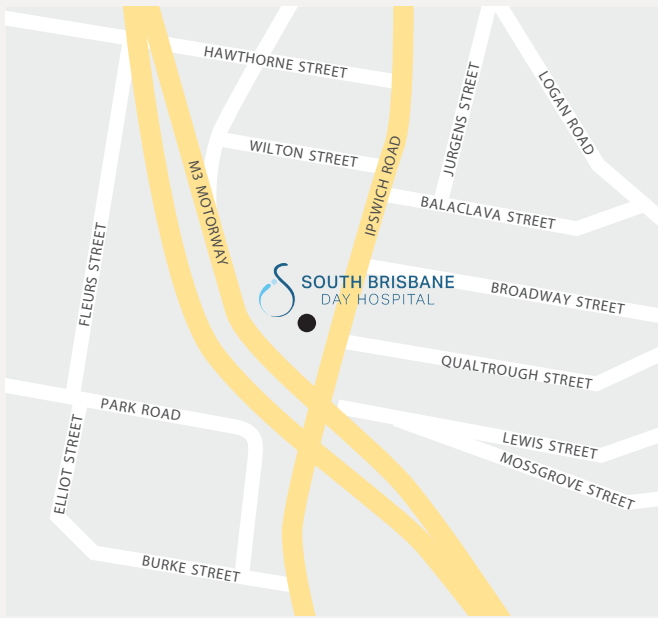
Rivercity Day Surgery

Level 2, 401 Milton Road, Auchenflower QLD 4006
T 07 3736 3010
E RivercityPH.Reception@vei.com.au



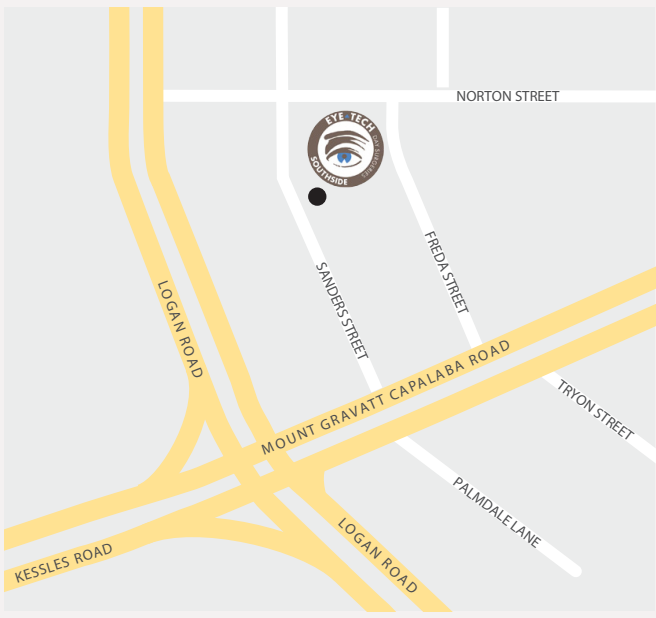
South Brisbane Day Hospital

87 Ipswich Road, Woollloongabba QLD 4102
T 07 3239 5090
E reception@sbdh.com.au



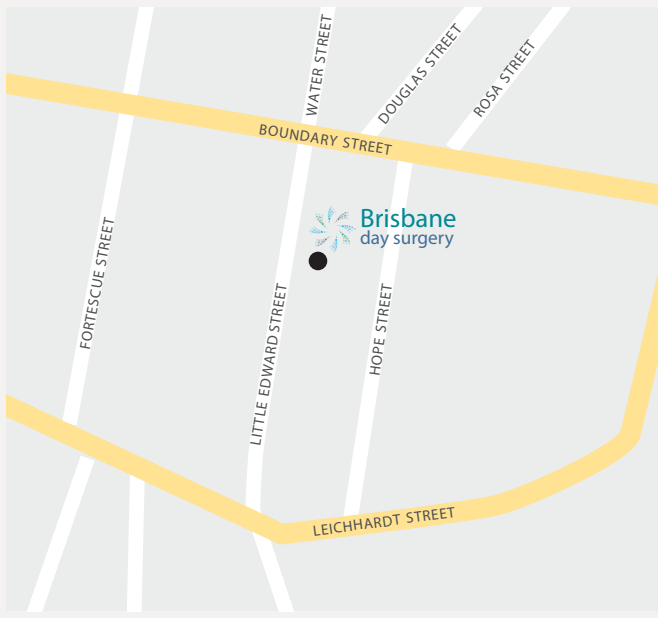
Eye Tech Southside

22 – 24 Sanders Street, Upper Mt Gravatt QLD 4122
T 07 3420 2666
E reception@eyetechsouthside.com.au



Brisbane Day Surgery

Ground Floor, Leichhardt Court, 55 Little Edward Street, Spring Hill QLD 4000
T 07 3236 9844
E info@brisbanedaysurgery.com.au



Contact Us

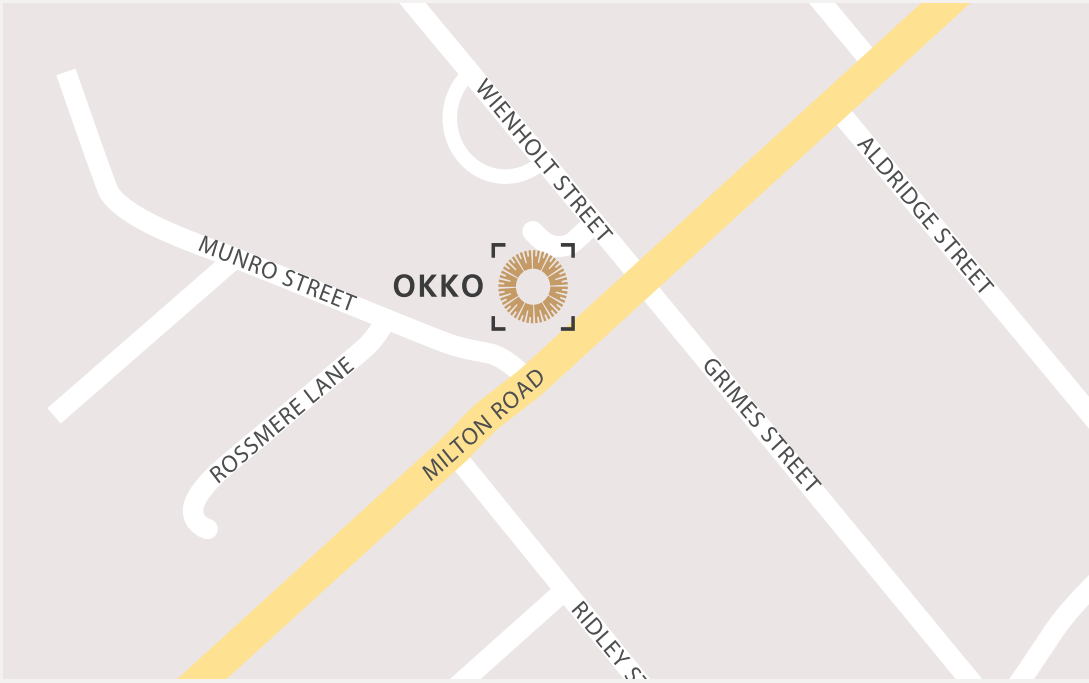
For more information or to book a consultation:

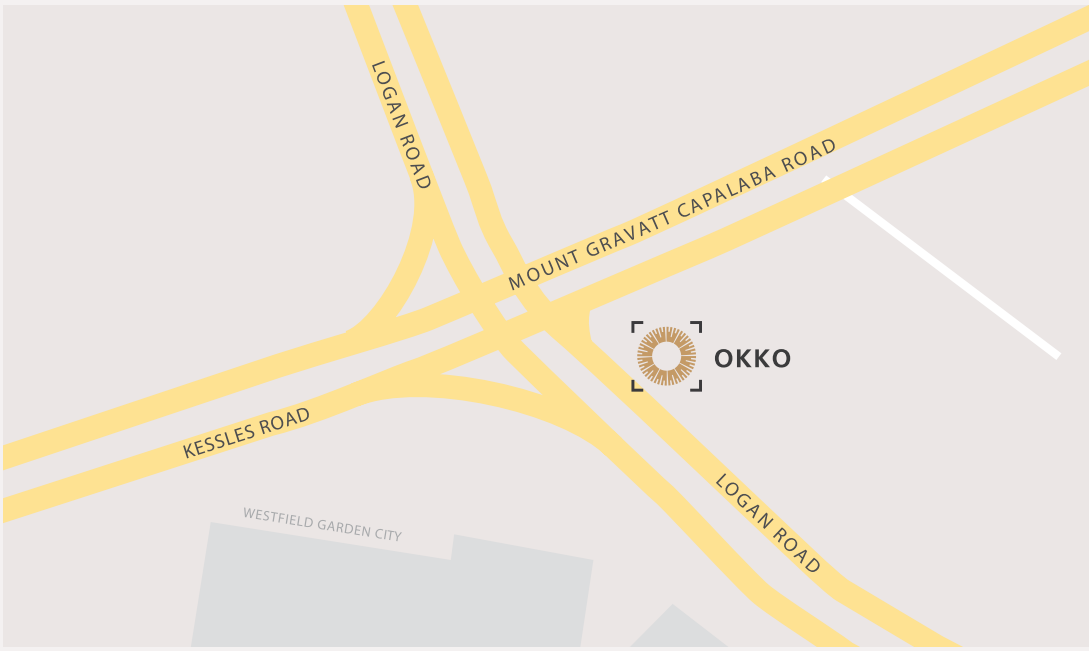
E info@okko.com.au W okko.com.au

T Central Line 07 3725 0222

Brisbane

Level 1, 401 Milton Road, Auchenflower, QLD 4066



Mt Gravatt

2072 Logan Road, Upper Mt Gravatt, QLD 4122