



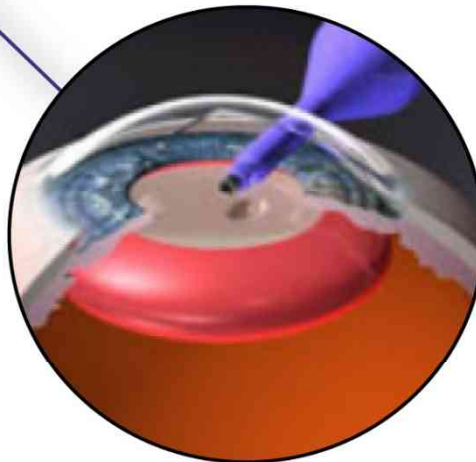
# PANTHEO

... EYE CENTER ...



## Phacoemulsification

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because sight is precious



*Is an affiliated clinic and provides teaching facilities to*



**UNIVERSITY OF NICOSIA**  
**Medical School**

Please report to the reception

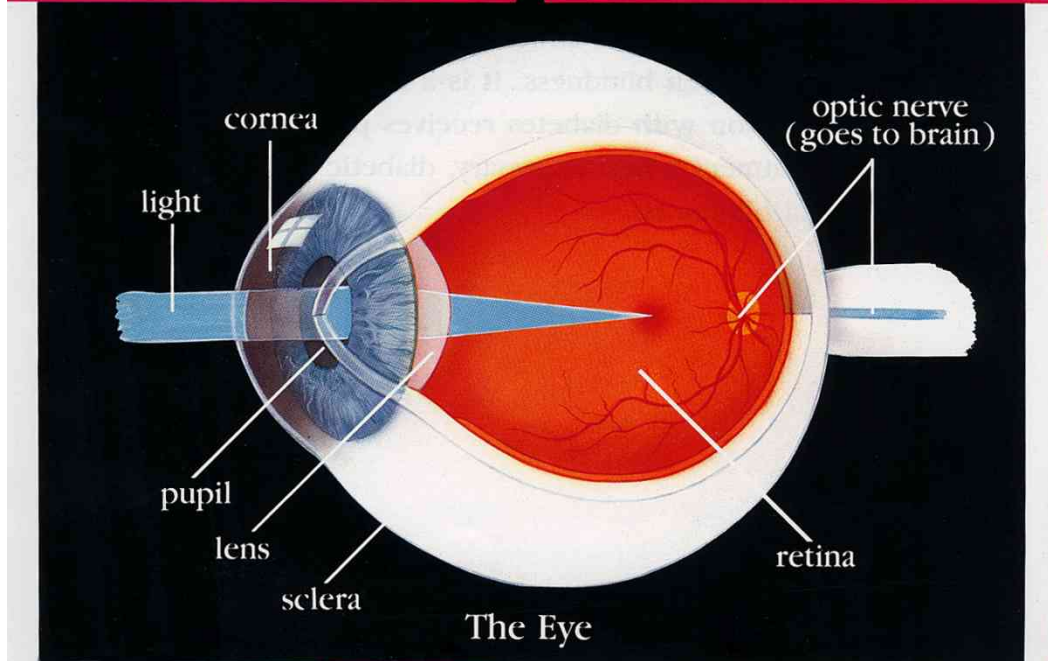
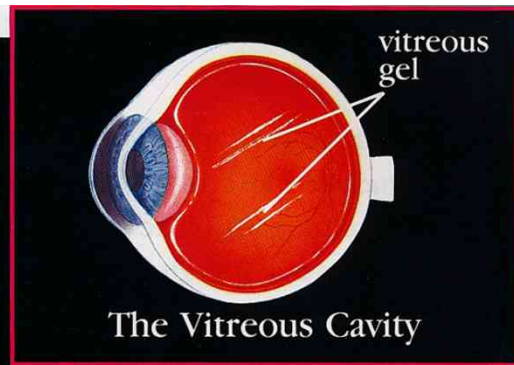
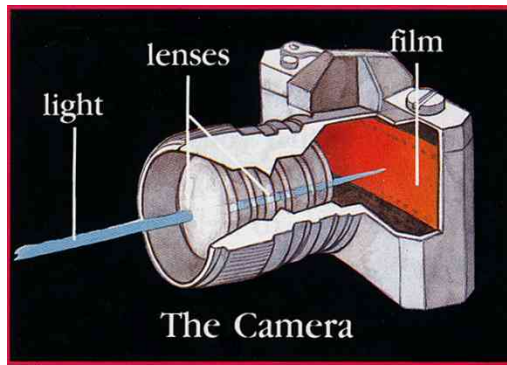
Pantheo Eye Center

On the \_\_\_\_\_ time \_\_\_\_\_

If you have been asked to use eye drops before your surgery please adhere to the instructions given to you.

Bring the drops with you so that the nursing staff can continue with their use after your arrival at the clinic.

If you have not been asked to use drops do not worry this is not always necessary and depends on your particular treatment.



## ***What is a cataract***

The eye is like a camera. When you take a picture, the lens in the front of the camera allows light through and focuses that light on the film that covers the back inside wall of the camera. When the light hits the film, a picture is taken.

The eye works in much the same way. The front parts of the eye (the cornea, pupil, and lens) are clear and allow light to pass through. The light is focused by the cornea and the lens onto a thin layer of tissue called the retina, which covers the back inside wall of the eye. The retina is like the film in a camera. It is the seeing tissue of the eye. When the focused light hits the retina, a picture is taken. Messages about this picture are sent to the brain through the optic nerve. This is how we see.

When the lens of the eye becomes cloudy or opaque it no longer allows light to enter the eye and the vision deteriorates. An opaque or cloudy lens is called a cataract. This is what needs to be removed and replaced in order to restore vision.

# ***Preparation instructions for Cataract Surgery***

Your cataract will be removed using phacoemulsification. This is a completely painless procedure of short duration. It uses ultrasound to liquefy and aspirate the cataract. A foldable lens implant is then inserted into the eye and usually sutures are not required. You will be able to go home immediately after the operation is completed.

Phacoemulsification is the commonest used method of cataract extraction worldwide. It has a very high success rate but like all surgical procedures there is a small risk of complications.

These include vitreous loss, infection (endophthalmitis), choroidal haemorrhage and retinal detachment. In order to minimise the risk of complications It is very important to follow your pre and post operative instructions carefully.

## ***Pre operatively***

- On the day of surgery have a light breakfast and if you have been prescribed drops to use prior to surgery do so as instructed.
- If you are taking diabetic medication, heart or blood pressure tablets take them normally
- If you are using blood thinning medication or aspirin inform your doctor
- Report any allergies or previous adverse reactions to procedures or medications.
- You can come dressed in your normal clothing but short sleeves are preferable so that blood pressure monitoring is not hindered.

## ***On arrival***

- On arriving at the clinic please register with reception and you will be escorted from there to your room.
- You will be taken to the operating theatre by the nursing staff when it is time for your surgery, this is usually **between 1 to 3 hours after your arrival** depending on the preparation time necessary and how busy the theatre timetable is on that day.
- In the operating theatre you will receive some local anaesthetic drops 5 to 10 minutes before your surgery.
- Usually an injectable local anaesthetic is not necessary, if it is this will be explained to you.
- During the operation you will be wide-awake and you will be able to hear everything but you will not see or feel any part of the operation. You will be able to talk to the surgeon at any time and tell him if you have a problem.
- At the end of the procedure your eye will be closed with an eye pad and you will go back to your room.



## ***Post operatively***

- During your first evening after the surgery feel free to do as you please as long as you keep your eye pad dry and intact. If you develop a headache you can take your normal pain relief that you would use at any other time.
- Your eye pad will either be removed the day of your operation or the following day depending on your case. Your eye will remain open from then on. You will have reasonably good vision from day one apart from mild haze due to the enlargement of the pupil. This will improve over a few days and vision will continue to improve for a couple of months.

## ***Cleaning Instructions***

You will be given instructions for the use of drops on your first post-operative day. You must use your drops regularly and ***do not stop them unless you are asked to do so***. If you run out buy a new bottle from the chemist.

- ***You must clean your eye for the first fourteen days using sterile water only. You can either purchase this from the chemist or boil water and allow it to cool. You must not wet your eye using tap water or shower water.***

*When showering keep the eye lids closed tightly, dry your head and clean the eye with sterile water and gauze.*



## **Dos and don'ts**

From day one after the surgery you can:

- eat and drink what you like
- read and watch television as much as you like
- return to normal activities as long as you keep your eye clean
- use your old glasses if you find these helpful. If not then don't use any glasses at all
- wear dark glasses if you want to and if they make you feel more comfortable but they are not necessary

### **For two weeks you must NOT:**

- lift weights greater than 20Kg
- get shower water or tap water into your eye
- go swimming
- get dirt or dust into your eye

**It is normal to feel mild discomfort and have mild swelling around your eye for the first few days.**

### **Inform your doctor if:**

- you have severe pain
- your eye becomes very swollen
- your vision is deteriorating rather than improving

If you have any further questions or worries telephone Pantheo and ask to speak to the nurse or your doctor.

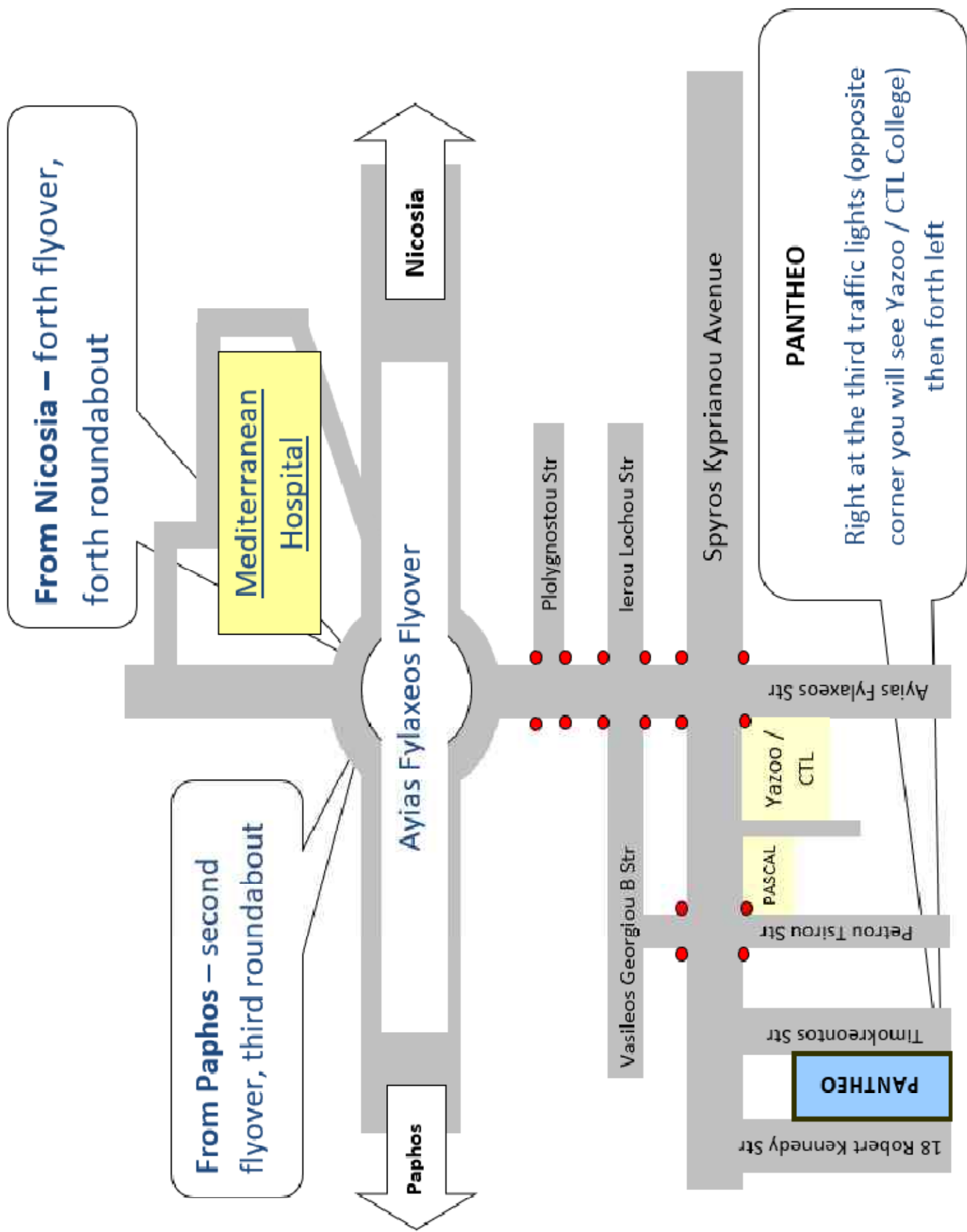
Tel. 25735353 / 99384114

## ***Map for Pantheo Eye Centre***

Stay below the Ayia Fyla fly-over. **From Nicosia** this is the forth fly-over and the forth roundabout. **From Paphos** this is the second fly-over but the third roundabout.

For Pantheo Eye Centre turn towards the city centre. You will cross three sets of traffic lights and three pedestrian crossings, so a total of six sets of lights.

At the third set of traffic lights (sixth set of lights if you counted the pedestrian crossings) on the opposite corner you will see Yazoo store with CTL College above it. Turn right onto Spyros Kyprianou Avenue. Take the forth left onto Robert Kennedy Street. The clinic is 100m on your left.





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