

ジャパンアイホスピタル 白内障マニュアル



What is cataract surgery?

Cataract is a disease in which the crystalline lens becomes cloudy. It is a disease that occurs for various reasons and becomes difficult to see due to various symptoms such as whitish appearance, double appearance, and dazzling appearance. Therefore, it is an operation to restore eyesight by removing the crystalline lens that causes it and then replacing it with an artificial lens.

Actual surgery and precautions

Surgery can be performed with eye drop anesthesia or retrobulbar anesthesia, and which method is used depends on the degree of cataract progression and the judgment of the doctor.

There will be bright light during the surgery, but keep both eyes open.

Blinking is fine, of course, but the surgical eye should be fitted with an eye-opening device.

The second most important thing is that you should not move your eyes during surgery or during eye drop anesthesia.

It is difficult to see the bright light, but if the eyeballs move around, it will take time for surgery and it may cause complications, so please cooperate as much as possible.

Surgery with eye drop anesthesia may cause pressure during surgery and a slight pain when inserting the intraocular lens through a small incision, but don't worry.

If you experience significant pain during surgery, or if you feel sick, have difficulty breathing, or want to cough or sneeze, please do not move your body during surgery and let us know by voice.

Then the doctor or nurse will ask, "What's wrong?" If it hurts, add anesthesia, and if you have a cough or sneeze, take a break from surgery until you are calm.

We are Japan Eye Hospital, perform surgery with the safety of patients first, so we ask for your cooperation.

Surgery usually takes about 30 minutes, but in rare cases, the lens bag and the tissue that supports the lens (Chin's band) may be weak. In such cases, special treatment such as sewing to fix the intraocular lens is required, so the operation time may take up to an hour. Also, for the safety of the patient, it may be inserted at a later date.

About the risk of cataract surgery

Currently, at our Japan Eye Hospital, we are trying to perform safe, secure and

comfortable surgery. Previously reported complications of cataract surgery worldwide are infections caused by bacterial infections (0.3%). Currently, there are no cases of serious complications such as endophthalmitis occurring at our facility, but in the unlikely event that it does occur, we will provide the best treatment in cooperation with Hanoi International Ophthalmology Hospital. We ask patients to cooperate in reducing the risk of infectious diseases to the utmost limit. Try to use eye drops as directed by your doctor.

In addition, in some cases, such as those with medical illnesses or those who currently have eye diseases other than cataracts, surgery may not be possible, so an ophthalmologist will explain in advance.

About the schedule until cataract surgery

Life until surgery is fine as usual. However, if you feel unwell or if something goes wrong, please let us know at least 3 days before the scheduled date. Surgery takes about 2 to 3 hours after coming to the hospital on the day of surgery. Please refrain from driving your own vehicle such as a car when you come to the hospital. Please come home with your companion when you return. If you do not have an attendant, we will arrange a taxi, so please do not hesitate to ask the staff.

About the day of surgery

◆What to bring

- Clean towels and face wash

◆About clothes on the surgery day

- You will be dressed in surgical gowns, so please wear clothes that are easy to put on and take off.
- The medicine may adhere to your clothes, so please wear clothes that you don't mind getting dirty.
- Please do not make up on the surgery day.

◆Precautions on the surgery day

- Please take the medicine you are taking normally unless otherwise instructed by your doctor.
- If you are using insulin, take it as usual.
- Please take a light meal on the day of surgery.
- Please wash your face carefully with soap in the morning.

- Please wash your face again after coming to the hospital.
- ※We appreciate your cooperation so that the surgery can be performed smoothly.

Flow on the day of surgery

1. The reception will confirm your visit on the day of surgery.
2. We will guide you to the waiting room. (Additional inspection may be performed if necessary)
3. Check the condition such as blood pressure, pulse and body temperature.
4. Instill mydriatics, anesthetics, and antibiotics.
5. A final check will be made by the surgeon in the examination room.
6. Be sure to finish the toilet.
7. Move to the operating room and prepare the ECG electrodes and blood pressure monitor.
8. Before surgery, apply mydriatics, anesthetics, and antibiotics again to disinfect the area around the eyes.

About the flow immediately after surgery

1. After the surgery, please return to the waiting room and take a rest for about 30 minutes.
2. We will measure your blood pressure and pulse to check your postoperative condition.
3. We will reconfirm your condition after surgery and explain the medicine in detail.
4. The patient can back home.

※If using protective glasses

○Protects your eyes from rubbing or hitting them at bedtime or in daily life.

○Be careful not to let the protective glasses hit your eyes.

Precautions after surgery

About the day of surgery

After the operation, be sure to rest at home or at your accommodation so that you do not fall down.

From the next day, you can live as usual, but please consult with your doctor about work and exercise using your eyes. It usually takes about a week to settle down.

• About driving a car / motorcycle

You may not be able to drive safely until your eyesight stabilizes, so if you absolutely need to drive, consult your doctor.

• **About work**

Be sure to rest on the day of surgery. Office work is possible from the next day. Check with your doctor for anything else. However, do not carry anything heavy.

• **Precautions for daily life after surgery**

Please refer to the table below for activities other than the above.

	Next day	2 days later	3 days later	1 week later	2 week later	1 month later
Meal	No limit					
Shower (from neck down)	○	○				
Bathing and face washing	×	×	△	○		
Make up	×	×	△	○		
Eye make up	×	×	×	×	×	○
Cut hair / Cosmetology	×	×	×	○		
Driving	×	×	×	△	△	○
smoking	×	×	△	○		
Drinking	×	×	×	○		
Light exercise	×	×	×	△	△	○
Vigorous exercise	×	×	×	×	×	Depends on the progress
Pool / sea bathing	×	×	×	×	×	Depends on the progress
Sleeping with a pet	×	×	×	△	△	○

※The table below is just a guide and is not an exact date.

※For more information, please ask your doctor at the time of regular checkups.

※It takes about a month for the surgical wound to be completely closed. Always keep it clean to prevent infection.

Regarding regular examinations

◆Regular postoperative examinations are the next day, one week later, one month later, three months later, six months later, and one year later. Please be sure to visit us.

Use drugs to prevent infection and inflammation. Please do not forget to use it. The prescription may change depending on the condition of the eyes. Apply the

prescribed eye drops as supported. Eye drops will change depending on the postoperative course and symptoms. Be sure to observe the usage capacity.

◆Correct eye drop method

Wash your hands thoroughly with soap before instillation.

Wipe gently with a cotton swab so as not to push from the outer corner of the eye toward the inner corner of the eye.

Do not use eye drops continuously, but be sure to instill them at intervals of about 2 to 3 minutes.

One drop at a time is sufficient. Finally, wipe the area around your eyes again with a new cotton swab.

◆Points to note when use eye drop

Be careful not to let the tip of the eye drop container touch the eyelashes or skin.

For one month after the operation, even if the contents of the eye drops are left over, replace them with new ones in 10 days.

After the second month, please use until it disappears. Be sure to continue using eye drops for 2 months.

◆About internal medicine

Take from the night of surgery. The oral medicine will end when you have finished taking it.

However, it may cause diarrhea after taking it. Talk to your doctor if you have strong symptoms.

◆About protective glasses

Wear it from the time the surgery is over.

Be sure to wear it in your daily life, especially when you are out

Surgery fee

\$(Including inspection fee)

※Payment will be before surgery

※You can also pay by credit card. Please check the expiration date in advance.