Cataracts

**Definition:** Cataract means the opacity of the lens of the eye, which interferes with the passage of light through the lens of the eye. Surgery to treat cataracts can be done in several ways: Intracapsular lens removal (less commonly used), extracapsular lens extraction, phycoemulsification (lens shredding) and laser use.

**Cataract symptoms:** Blurred vision, reduction of visual acuity, blurring of colors, creating light spots in the field of view.

**Nursing care:**

- Discontinuation of anticoagulants (aspirin-warfarin) to reduce the risk of bleeding behind the eyeball before surgery.
- There may be a slight pain after surgery, so the patients should use the usual analgesic (acetaminophen).
- The proper position after the operation is lying on the back or towards the healthy eye.
- Avoid actions that increase internal pressure in eyes (Intraocular lens) IOP: Sneezing, coughing, straining, bending the head too far down
- Use mydriasing eye drops (every 11 minutes to 4 times at least up to one hour before surgery)
- Control vital signs and check out eye dressings
- Emphasis on not manipulating the eye and opening the dressing by the patient (at the first visit to the doctor, the eye dressing is usually opened and the eye is examined 1 day after the operation)
- The following measures are necessary to prevent injury, since the patient is at risk for falls and injuries due to old age and impaired vision after surgery:
  - Checking the patient's physical strength and visual acuity
  - Checking the patient's cognitive condition
  - If necessary, put a railing next to the bed

**Symptoms of infection:**

Visual impairment, eyelid swelling, redness, purulent secretions from the eye, pain

**Symptoms of intraocular lens displacement:**

Severe pain, seeing halo around light objects, impaired vision

This is best known after an eye examination by a surgeon who uses miotic drugs (pupil-tightening) for treatment, and in severe cases, reoperation and lens replacement will be performed.

- **Avoid holding your breath and applying pressure following lifting heavy objects, pushing during defecation, and strenuous activity for 6 weeks.**
Warning signs that should be reported to your doctor immediately include:

Sudden and severe eye pain, flies, glare and blurred vision and vision loss

It should be noted that brief secretions, itching and redness are considered to some extent normal especially in the morning.

How to apply eye drops properly:

- The tip of the dropper should not contact with the eye.
- The best place to drop drops is the lower eyelid.
- If there is ointment and drops, use drops first and then ointment.
- Do not drop more than two drops at a time because it is wasted.
- Close the eye and press the inner corner for 1-2 minutes after dropping the eye drop (to prevent systemic absorption of the drug).

If you have any questions or ambiguities, call the following phone number:

023-33437825

Surgery ward of Kosar Hospital