

CATARACT AND YAG
PATIENT INFORMATION LEAFLET



evolutio



CATARACT AND YAG





WHAT IS A CATARACT?

In a healthy eye, the lens is like a clear window that helps us focus sharply. With age this lens gets cloudy and is called a cataract.

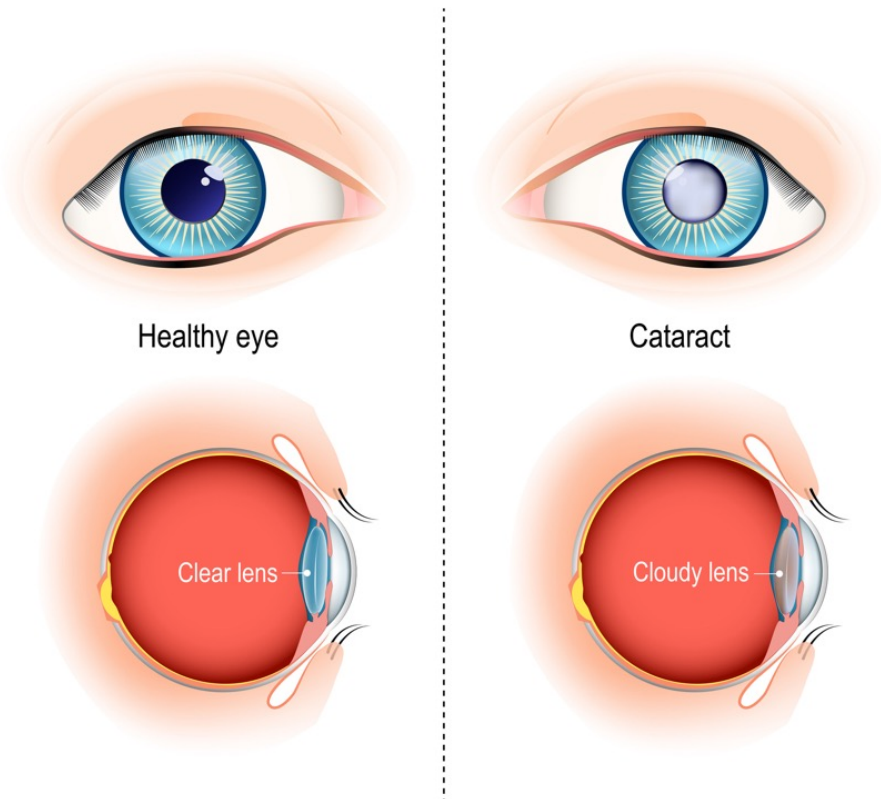
It becomes harder to see things clearly, just like trying to look through a foggy window.

WHAT CAUSES A CATARACT?

The most common cause of cataract is aging, as we age the lens hardens and becomes cloudy.

There are different kinds of cataracts.

Some babies are born with them (congenital). They can also happen if someone takes certain medicines such as steroids, gets an eye injury, or has certain diseases like diabetes.



WHAT WILL YOU NOTICE?

Cataracts usually blur your vision, it can happen slowly, like when your glasses get dirty over time.

At first, getting new glasses might help you see better but with time they won't improve your vision.

Cataracts can also make bright lights, like car headlights at night, feel extra bright and hard to see through, making it tough to drive safely.

DO I HAVE A CATARACT?

Cataract is often diagnosed by your clinician during a routine eye examination.

Therefore, it is important to have regular eye examinations with your optician, and if you require treatment, they can refer you for surgery.



TREATMENT

To treat cataracts, eye surgeons remove the cloudy lens from your eye and put in a clear, new artificial lens. The surgery takes less than an hour and usually makes your vision much better.

It's done with local anaesthesia, so you're awake but won't feel pain.

You can go home the same day, and the surgery usually works very well to improve your sight.

After cataract surgery, it can take 2 to 6 weeks to fully heal.

You might notice better vision after a few days, but your eye could feel sore and sensitive to light. You will use eye drops to help with healing and will need to go back for a check-up.

Surgery is usually done on one eye at a time, but both eyes can be treated together if needed.

// The surgery takes less than an hour and usually makes your vision much better.

POSTERIOR CAPSULAR OPACIFICATION

What is posterior capsular opacification?

After cataracts surgery, your vision should stay stable once healed.

Over time, a thin membrane behind the lens, which was clear before surgery, can become cloudy.

This can cause blurred vision which is not correctable with glasses similar to the vision before the cataract surgery.

YAG Capsulotomy

// YAG capsulotomy is a laser procedure

YAG capsulotomy is a laser procedure which create a small opening in the cloudy capsule improving the vision. The procedure takes a few minutes and is painless.

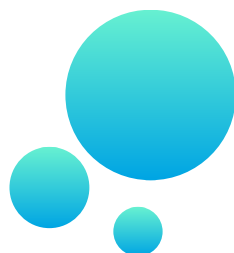
It does not change your glasses prescription. You can go home the same day, and the laser usually works very well to improve your sight.

WHAT HAPPENS ON THE DAY OF LASER TREATMENT?

- You will be scheduled an appointment to attend the clinic on the day of treatment.
- Please do not drive yourself, as your vision may be blurred for the rest of the day, but your vision should be back to normal the next day.
- You will undergo an assessment to check your pre-treatment vision and other measurements. You will then be given some eye drops that numb your eye, which take a few minutes to take effect.
- The Laser treatment is performed in the sitting position with your chin on a chin rest (similar to your usual eye appointments), which lasts around 5 minutes but you will be in clinic for around an hour.

- It is advisable to go home and rest.
- We may book a follow-up appointment to check the eyes again in a week or so, depending on the clinician's findings after treatment.

// If you notice any new symptoms such as flashing lights or floaters after your procedure you should contact your clinician.





A **4.5+ Star** rated
Service on
www.nhs.uk

NHS

Evolutio Ophthalmology is a brand name of Evolutio Care Innovations Ltd., company no 08099238, registered at Fora, Thames Tower, Station Road, Reading RG9 1LX.
Evolutio Care Innovations is a private limited company.

HAVE AN URGENT EYE CONCERN?
CALL US ON 0800 112 0070

Head Office

Fora
Thames Tower
Station Road
Reading
RG9 1LX

T. 0203 7807860

E. support@nhseye.services

W. www.nhseye.services