

**Mr J Lochhead FRCOphth**  
Consultant Ophthalmologist

Cataract Surgery Fact Sheet



**Wight Private Eye Care LTD.**

Registered Office: Landguard Manor, Landguard  
Manor Rd, Shanklin, IOW, PO37 7JB

## Private Cataract Surgery

J Lochhead

### The Operation

Cataract Surgery for most people involves a 15 minute operation under local anaesthetic. However, many people feel enormous stress and anxiety before eye surgery and therefore, we routinely book an anaesthetist who can offer sedation. This is short acting and in most cases has worn off within 30 minutes of the surgery.

Private surgery is normally conducted in the early evening. It is possible to go home afterwards if there is somebody else at home or alternatively a single night can be arranged on the Mottistone Suite with discharge the following morning.

The eye should not be painful after surgery and in many cases the vision will reach it's full potential within the first week. The complication rate is low with haemorrhage and infection rates below 1:1000.

### The Recovery

Following surgery there are a few simple precautions required:-

Avoid getting dirty water or soap in the eye.

Avoid swimming and strenuous exercise for 2 weeks.

Avoid heavy manual work.

Avoid driving until vision clears sufficiently, unless other eye already satisfies the legal driving threshold.

Pain after cataract surgery is very unusual and should be reported. Grittiness is common and often resolves within a few weeks.

The vision improves often rapidly over the first few days but in some cases there can be ongoing improvement for up to 6 weeks.

Most people choose to have optimised distance and driving vision without glasses and therefore reading glasses will still be required for small print. Most opticians prefer to wait six weeks after surgery before prescribing new glasses. Patients with significant astigmatism may still require glasses for distance following successful surgery.

### Post Operative Care

Most patients only require a single follow up consultation following surgery. However, additional visits and minor procedures may be required to maximise the visual outcome.

All follow up and treatment should normally be covered by Private Health Insurance.

A Fixed Price package includes up to two follow up visits. Any further essential follow up or treatment is then available at a discounted rate. Alternatively patients can choose to move to NHS care.

In all cases steroid / antibiotic eye drops are required for a total of 6 weeks after surgery (with reducing frequency) to prevent infection and also to reduce scar tissue formation inside the eye.

If you have any queries, please contact the Mottistone Office at St Mary's Hospital.

Telephone:- 01983 526699



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Vitreotomy Surgery Fact Sheet



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Registered Office: Landguard Manor, Landguard  
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## Private Vitrectomy Surgery

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### The Operation

Vitrectomy Surgery for most people involves a 45-60 minute operation under general or local anaesthetic. The operation may vary with the underlying condition being treated and the specific characteristics of each case.

Private surgery is normally conducted in the early evening and since all vitrectomy cases require next day review, many people choose to remain a single night on the Mottistone Suite with discharge the following morning.

The eye should not be painful after surgery. Frequently an air or gas bubble is used to temporarily stabilise the eye following vitrectomy and so vision may be very blurred for 1 to 4 weeks post-operatively as the air / gas is gradually dissolved. The complication rate is low with haemorrhage and infection rates below 1:1000. Retinal Detachment can occur in 1:100 cases but this can normally be treated successfully if symptoms are reported promptly.

### The Recovery

Following surgery there are a few simple precautions required:-

DO NOT FLY or climb to a high altitude.

DO NOT HAVE A GENERAL ANAESTHETIC (without consultation with the surgeon).

Avoid getting dirty water or soap in the eye.

Avoid swimming and strenuous exercise for 2 weeks.

Avoid heavy manual work.

Avoid sleeping flat on the back.

Avoid driving until vision clears sufficiently, unless other eye already satisfies the legal driving threshold.

Pain after Vitrectomy surgery is very unusual and should be reported. Grittiness is common and often resolves within a few weeks.

Posturing is occasionally required post-operatively for a few days.

The vision improves often rapidly over the first few days when air has been used or more gradually over several weeks with gas. As the

bubble dissolves, the edge becomes visible as a horizontal line moving across the vision.

### Post Operative Care

Most patients only require 2 or 3 follow up consultations following surgery. However, additional visits and minor procedures may be required to maximise the visual outcome.

All follow up and treatment should normally be covered by Private Health Insurance.

A Fixed Price package includes three follow up visits. Any further essential follow up or treatment is then available at a discounted rate. Alternatively, patients can choose to move to NHS care.

In most cases steroid / antibiotic eye drops are required for a total of 6 weeks after surgery (with reducing frequency) to prevent infection and also to reduce scar tissue formation inside the eye.

If you have any queries, please contact the Mottistone Office at St Mary's Hospital.

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