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Your stay at the ophthalmic day hospital for cataract surgery

P a t i e n t i n f o r m a t i o n

INTRODUCTION	3
BEFORE YOUR ADMISSION TO HOSPITAL	4
Anaesthesia	
Administrative and medical documentation	
Personal hygiene	
Clothing and passing time	
Companion	
DAY OF ADMISSION AND OPERATION	6
Location, route and parking	
Registration	
Before the operation	
The actual operation	
After the operation	
DISCHARGE FROM THE DAY HOSPITAL	12
Consent and documentation	
Monitoring after the operation	
Transport after the operation	
BACK AT HOME	13
Problems and complications	
Aftercare	
CONTACT DATA	15

You (or a member of your family) will soon have to undergo an operation at the ophthalmic day hospital for cataract surgery. An admission to the ophthalmic day hospital implies that you come to the hospital on the day of the operation and return home on the same day.

This brochure provides general information concerning your admission to the ophthalmic day hospital for cataract surgery. The information aims to answer any practical and/or organisational questions you might have.

It is important that you should read this information and comply with any guidelines to ensure that your admission runs smoothly and your medical safety is assured.

This brochure may well not answer all your questions, in which case the doctors and nursing staff at the unit will be happy to assist you at any time. Please do not hesitate to contact them.

We make every effort to ensure that your stay runs smoothly and we wish you a speedy recovery.

The Ophthalmic Disease Unit Team

BEFORE YOUR ADMISSION TO HOSPITAL

ANAESTHESIA

The operation is usually performed under local anaesthetic. Your doctor will discuss this with you.

Points to remember with a local anaesthetic:

- You don't need to fast. You can have a light meal on the morning of the operation.
- The administration of blood thinning medication will be discussed during the consultation with the ophthalmologist or later in consultation with the GP.
- If necessary you will be given medication (a tablet) to relax and sedate you half an hour before the operation.

ADMINISTRATIVE AND MEDICAL DOCUMENTATION

You need to bring the following medical and administrative documentation with you on the day of your admission:

- Make sure that you read the documentation provided by the ophthalmologist in detail.
- Notify your GP, health insurance fund and insurance provider of the operation and your admission to hospital. Check which certificates need to be completed for the admission.
- Bring your identity card.

PERSONAL HYGIENE

Think about personal hygiene, i.e. have a bath or shower the night before or the morning of the operation. You must not wear make-up, nail polish, jewellery or hairpins if you are having an operation.

CLOTHING AND PASSING TIME

Wear comfortable clothing. Bring something to read if necessary. Leave any valuables such as money or jewellery at home. You can bring a mobile, which may be useful.



COMPANION

Arrange to have a companion to stay with you throughout the admission procedure. You must not drive after the operation. Your companion will have to take you home.

DAY OF ADMISSION AND OPERATION

Notify the ophthalmic day hospital for cataract surgery in good time by calling 016 34 23 25 or 016 34 23 27 in the event of any of the following:

- ✓ Illness or fever on the day of the operation.
- ✓ You are unable to attend on time.
- ✓ You want to cancel the operation.

LOCATION, ROUTE AND PARKING

The day surgery unit is located in Orange street, gate 6, floor -1.

UZ Leuven Gasthuisberg campus has two entrances and two car parks: entrance/parking East (Oost) and entrance/parking West.

Choose entrance/parking East. This is the nearest one to the day surgery unit.

From entrance East in the hospital, follow the signs to Orange street.

You can ask for a map at reception.

Walking time to the day surgery unit:

from entrance East: 4 minutes

from car park East: 11 minutes.

You can register at the day surgery unit itself.

On arrival at entrance East, please walk straight to the day surgery unit.

Do **not** first sign in at the registration desk of entrance East.

Are you coming by car?

Short-term parking - pick-up and drop-off at **K+R car park entrance East**

- On the Gasthuisberg campus ring, follow the arrows P Oost.
- You can only stop at the K+R car park for a limited time.
Will the driver be accompanying you all the way to the day surgery unit? Then make sure to use car park East.

Long-term parking (paying) in the **parking East**

- Follow the arrows P Oost on the Gasthuisberg campus ring.
- Car park East is paid parking.

Itinerary, rates and additional info:
uzleuven.be/en/parking.

Coming by bus?

The bus stop is located near entrance East (Oost).

REGISTRATION

You will be expected at the registration desk of the ophthalmic day hospital for cataract surgery, so there's no need to register at the entrance Oost.

You will receive and will have to sign a declaration of admission.





You will be given a name tag with your personal details to identify you as a patient of the day hospital.

Once you are registered you can take a seat in the waiting area.

BEFORE THE OPERATION

When it is your turn, you will be called via the screen in the waiting area. A nurse will be waiting for you at door B.

They will accompany you to the room where preliminary care will be administered. You will also be able to leave your personal belongings there. Leave any valuables at home where possible. If necessary, give them to your companion to look after.

Are you wearing a hearing aid? If so, you will have to remove it on the side of the eye that will be operated on.

The nurse will start making preparations, providing any necessary explanations.

Please tell us if your general health has changed since the last consultation.

Examples of change include

- ✓ a deterioration in your general condition
- ✓ changes that have been highlighted following a recent visit to a cardiologist, neurologist or internist
- ✓ new medication.

If necessary, the nurse will give you a sedative.

Before the operation, the doctor will draw an arrow on your forehead to indicate which eye will be operated on. This is necessary as part of the patient safety requirements.

You will be asked to take a seat in a comfortable chair and eye drops will be administered to enlarge the pupil. The eye will then be sedated with eye drops or eye gel.

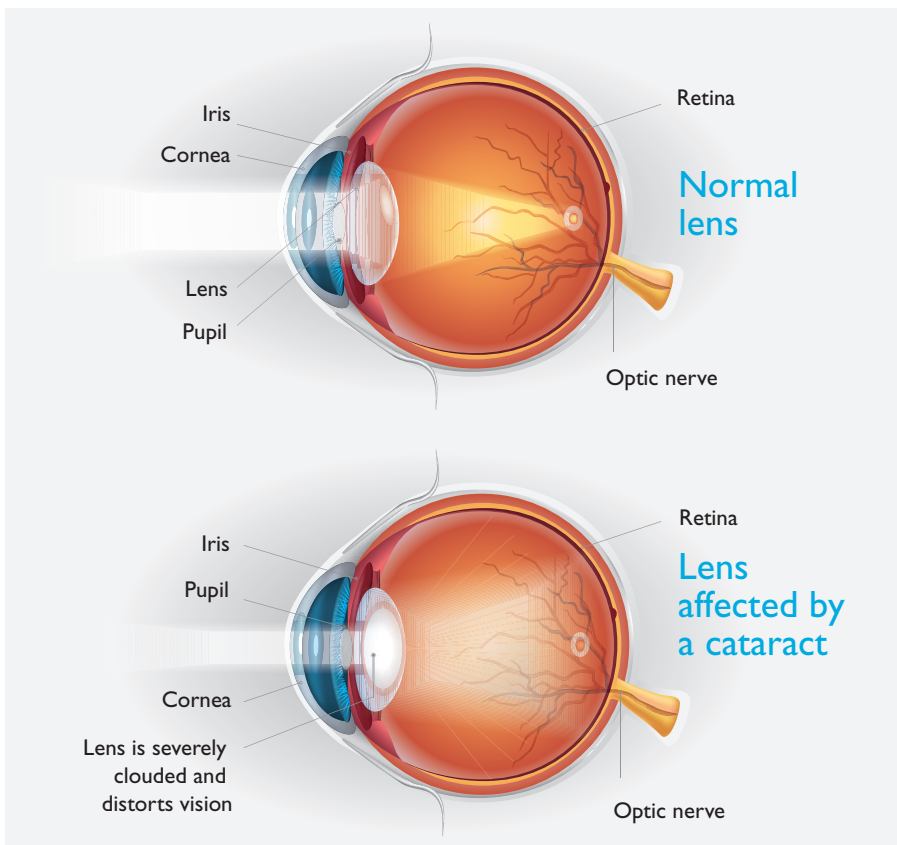


THE ACTUAL OPERATION

The **purpose** of the operation is to surgically remove the clouded lens and insert a new clear artificial lens.

The operation is performed using a microscope. It takes **approximately 20 minutes** and is usually performed under a local anaesthetic.

During the intervention, your eye is kept open using a special type of clamp, an eyelid clip, but the anaesthetic will ensure that you don't feel anything.



The ophthalmologist will make an incision of a few millimetres in the eye.

This will enable them to access the lens, which is removed using a fine probe that breaks up and removes fragments using suction. The ophthalmologist will then insert a new clear artificial lens. The lens capsule around your own lens will not be removed and ensures that the artificial lens stays in the correct position.

AFTER THE OPERATION

Your eye will be covered with an eye shield after the operation, which needs to remain in place until the following day. You can briefly remove it to apply the eye drops that you will have to use at home.

The nurse will accompany you to the room where aftercare will be provided. You will also be able to collect your personal belongings from there.

You will be kept under observation for approximately 30 minutes. Your companion can now stay with you again.

Meanwhile the nurse will provide guidelines on how to use the eye drops at home. You will also be told what to do if you are in pain. You will be provided with any necessary information brochures.

A video covering the entire procedure can be viewed at <https://www.uzleuven.be/nl/cataractoperatie> (Dutch)

DISCHARGE FROM THE DAY HOSPITAL

CONSENT AND DOCUMENTATION

Documentation concerning incapacity for work and insurance forms will be drawn up by your ophthalmologist.

MONITORING AFTER THE OPERATION

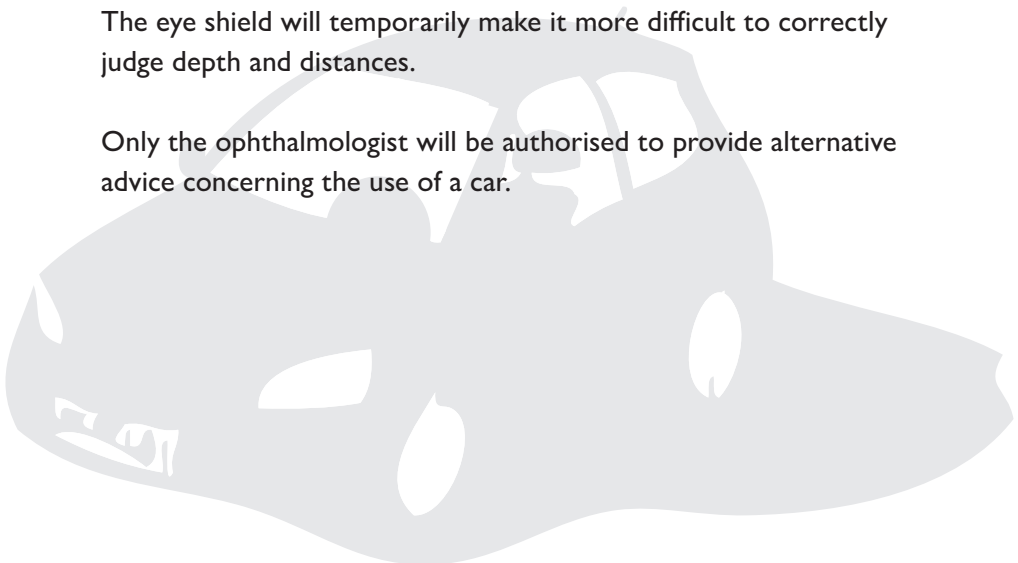
An appointment will be made for a post operation check-up.

TRANSPORT AFTER THE OPERATION

You must not drive yourself.

The eye shield will temporarily make it more difficult to correctly judge depth and distances.

Only the ophthalmologist will be authorised to provide alternative advice concerning the use of a car.



BACK AT HOME

PROBLEMS AND COMPLICATIONS

The following problems may occur following eye surgery:

- ✓ Hazy or reduced vision
- ✓ Pain
- ✓ Redness
- ✓ Irritation
- ✓ Headache

Please contact your GP or your ophthalmologist if you are concerned about any of these problems.

Contact your ophthalmologist in the event of any of the following problems:

- ✗ Increasing pain or redness.
- ✗ Pain that doesn't subside after you have taken painkillers.
- ✗ Increasingly hazy vision.
- ✗ Sudden reduction in vision.
- ✗ Seeing black dots and/or light flashes.

AFTERCARE

- Your eye will be more vulnerable after the operation. It is advisable, therefore, to wear an eye shield during the night in the first week after the operation. Wear protective glasses or your own (sun)glasses for the first few days. Do not rub your eye.
- If a bandage was applied it can be removed the morning after the operation. Start applying the eye drops once the bandage has been removed in accordance with the doctor's prescription/schedule. Also refer to the 'Oogdruppels en oogzalf' ('Eye drops and eye ointment') brochure for further information (www.uzleuven.be/brochure/700730).
- You can gently bathe the eye, with the lid closed, to remove discharge and crusting.
- The day after the operation you can carefully wash your face. You can also take a shower or bath, providing you prevent any water, soap and/or shampoo from splashing directly into the eye during the first few days.
- You can move about as normal. Gentle sports (gym) can be resumed after one week.
- More strenuous exercise such as contact sports, swimming (wear swimming goggles) and saunas should be avoided for a period of one month.
- Do not wear make-up during the first 2 weeks.
- Consult your doctor to find out when you can start driving again.
- Your glasses will be adjusted after 4 to 6 weeks.
- If you are in pain during the first 24 hours after the operation you can take 1 tablet of Dafalgan (500 mg) every 6 hours.

CONTACT DATA

- Before the operation (if you have questions, to cancel an appointment, in the event of illness or fever on the day of the operation or if you cannot attend on time):
call 016 34 23 25 or 016 34 23 27
- After the operation
 - ✓ In the event of problems or for medical information:
 - **during the day:** call 016 33 23 70 (ask to be connected to the ophthalmic day hospital for cataract surgery).
 - **from 18.00 hrs and at weekends:**
call 016 33 22 11 (ask to be connected to the ophthalmologist on call).
 - ✓ If you have questions concerning your invoice, contact the medical administration department via medische.administratie@uzleuven.be or call 016 34 74 00.

If, after reading this brochure, you have further questions feel free to contact your ophthalmologist.

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Please send comments or suggestions relating to this brochure to communicatie@uzleuven.be.

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