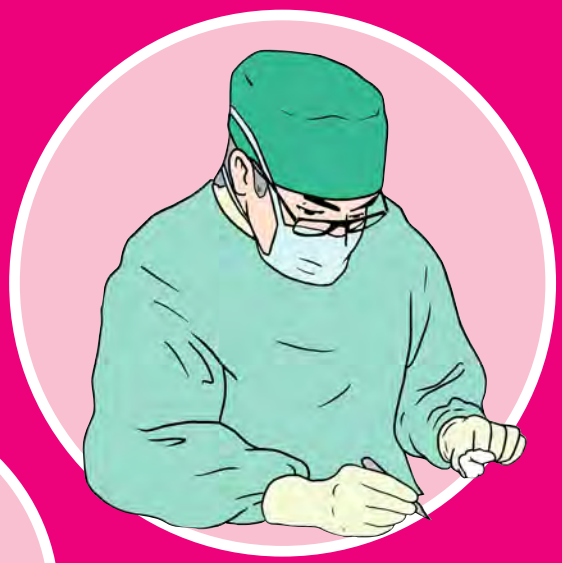
RNIB

See differently

Cataract surgery

Easy Read







Contents







Page 3
About this easy read booklet

Page 4
Cataracts are treated with surgery

Page 7
Before surgery

Page 8
During surgery

Page 12
After surgery

Page 16
How to take care of your eye after surgery

Page 18
What to do if you need more help

About this easy read booklet

This easy read booklet is about cataract surgery.

You can learn about:

- What cataract surgery is.
- What happens before cataract surgery.
- What happens during cataract surgery.
- How to look after your eye after cataract surgery.



Cataracts are treated with surgery



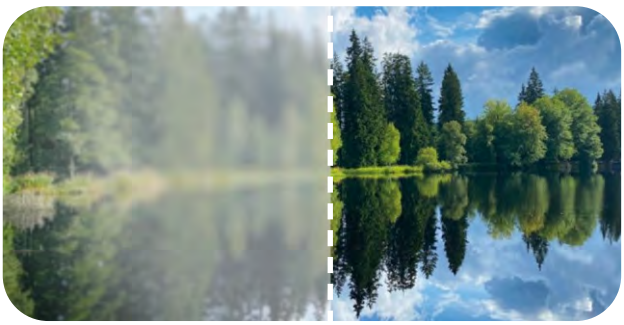
Cataracts are an eye problem that make it harder to see.



Surgery is the only treatment for cataracts. Treatment is what the doctor does to help you see better.



You can learn more about cataracts in our easy read booklet.



Before surgery | After surgery

Cataract surgery can make your sight clearer.



Your optician or GP can help you decide when to have cataract surgery.



It is important to think about:

- How your sight affects your everyday routine.
- How well you can see with your other eye (if you only have cataracts in one eye).
- If you have any other eye problems. This might mean that cataract surgery will not improve your sight as much.



You do not have to have cataract surgery. It is your choice.





If you do not want cataract surgery, you can use aids and make changes to help you see better. For example, large print and better lighting.

When the cataract is making your vision too blurry your optician can arrange for you to see an eye doctor.

You can ask your optician if you have any questions while you wait for your appointment.



Before surgery



You will have an appointment with an eye doctor. They will check your eye health.



Take a list of any medicines you take to your appointment.



You can ask the eye doctor or nurse any questions you have about:

- Getting ready for surgery.
- What will happen on your surgery day.
- How to look after your eye after surgery.



During surgery



Cataract surgery happens at hospital.



The surgery usually takes around 20 minutes. Sometimes it may take longer.



You can normally go home the same day.



It is normally done under **local anaesthetic**. This means only your eye will be numb. You will be awake during the operation, but it will not hurt.



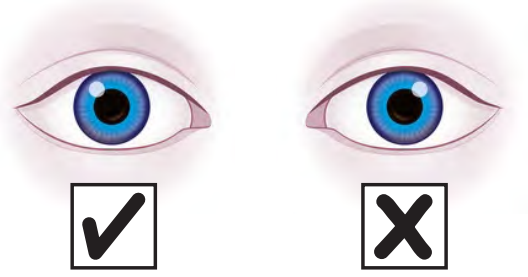
Tell your eye doctor if you think you would find it hard to have the operation while you are awake.



The doctor can give you medicine to make you more relaxed.



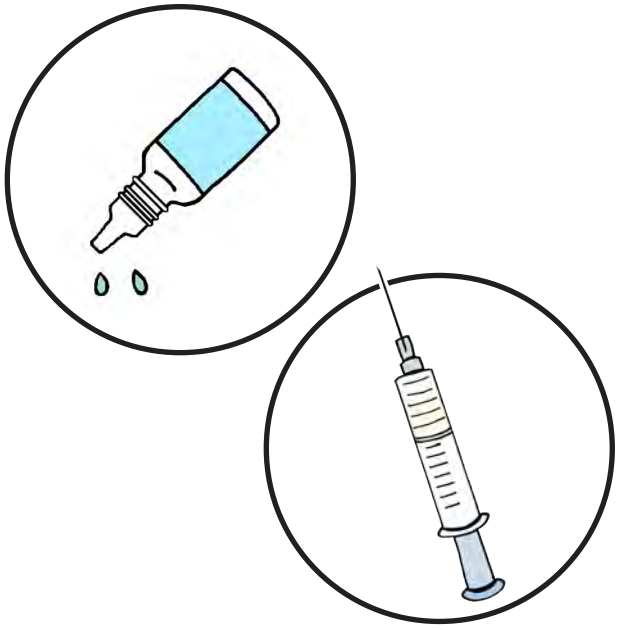
Some people might have the operation under **general anaesthetic**. General anaesthetic is when you go to sleep for the operation.



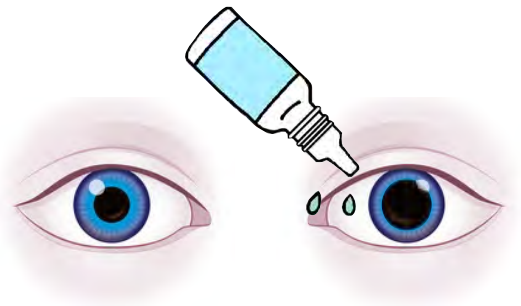
If you have cataracts in both eyes, it is normal to have the operation on one eye at a time.



If you go to sleep for the operation, usually both eyes will be operated on at the same time.



If you are awake for the operation, you will have eye drops or an injection around the eye. This will numb your eye so that you do not feel any pain.



You will also have eye drops to make your **pupil** bigger. The pupil is the black circle in the middle of your eye.



You will be asked to lie flat and keep your head still. The nurse or eye doctor will clean your eye and the area around it to help prevent infection.



They will cover your face with a clean sheet that has a hole for your eye. This also protects you from infection.



During the operation, you may be able to see movement and a change in lights or shadows. You will not be able to see any detail of what is happening.

After surgery



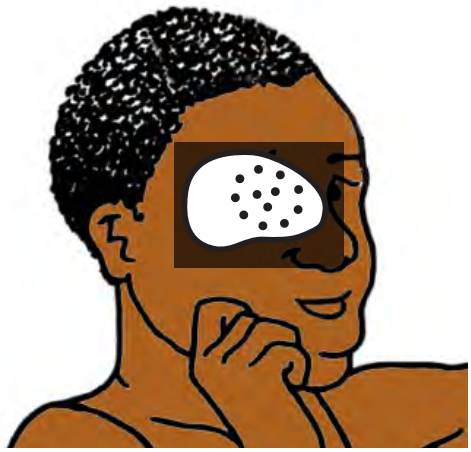
Your eye may be covered with a clear plastic shield to keep it clean. The nurse or eye doctor will tell you when it is OK to take this off.



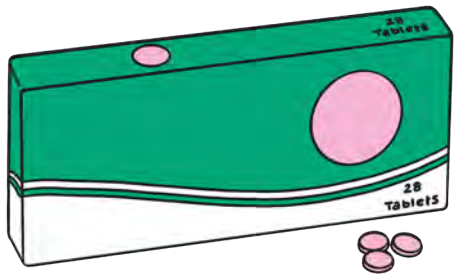
The nurses will check you after the operation. You can go home when they are happy that you are ok.



Do not drive yourself home.



Your eye might feel sore or bruised. This is normal. Most people feel better after a few days.



The hospital will tell you how to deal with any discomfort. Painkillers like paracetamol can help.



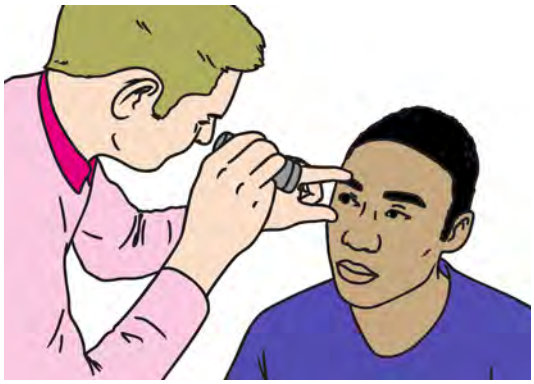
The hospital will tell you how to look after your eye. They will give you a number to call if you are worried about your eyes after you go home.



You will be given eye drops to put in your eye for a few weeks after the operation. The hospital will tell you how to use your drops.



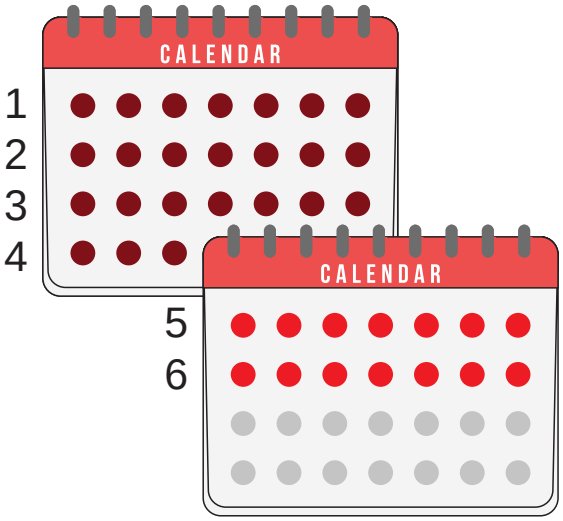
Within two to five days, your eye should feel normal. Your sight should be clearer and brighter than it was before the operation.



You will have a check up about 4 weeks after the operation. This might be at the hospital or with your optician.



You might need new glasses.



You will have to wait 4 to 6 weeks after your operation to get new glasses.

How to take care of your eye after surgery





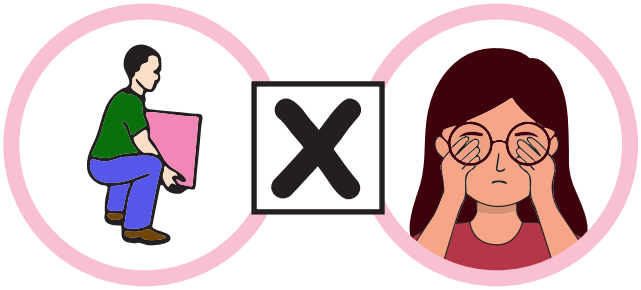


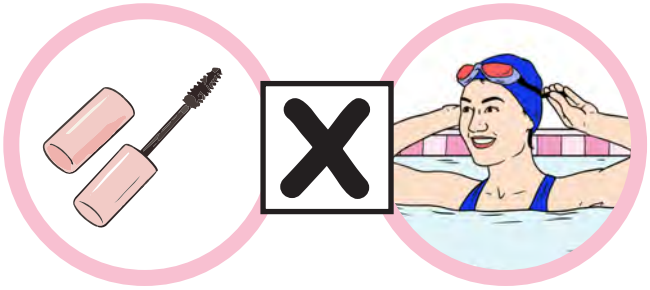
Do:

- Take your eye drops. They help your eye heal.
- Finish your course of eye drops.
- The hospital will tell you how and when to take your eye drops.
- Tell the hospital if you think it will be hard to use eye drops.
- Use sunglasses if bright lights hurt your eye.

It is important to tell the hospital right away if you notice:

– Flashing lights.
– Pain.
– Loss of sight.
– Floaters (small shapes or dots in your sight).





Do not:

- Do not rub or touch your eye.
- Do not exercise or lift anything heavy.
- Do not use eye makeup.
- Do not go swimming or do sports.





Be careful when:

- It is windy. Something could blow into your eye.
- It is dusty. Dust could hurt your eye.
- You wash your hair and face. Do not get soapy or dirty water in your eye.
- You use steps or stairs.



What to do if you need more help

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This booklet is from Royal National Institute of Blind People (RNIB).



RNIB is a charity that helps anyone who is worried about their eyes.



You can call the RNIB Helpline for help and advice about your eyes.

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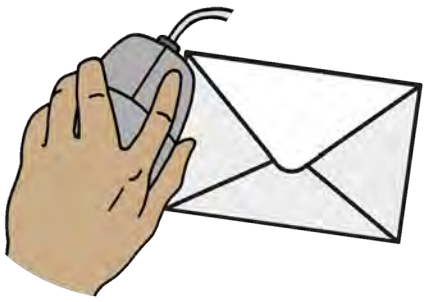
Call the RNIB Helpline on 0303 123 9999.

We are open:

Monday to Friday,
9am to 6pm



You can also say, “Alexa, call RNIB Helpline” if you have an Alexa.



You can also get help from RNIB by email. Email **helpline@rnib.org.uk**



RNIB website

Visit **rnib.org.uk** for more information about your eyes.

This Easy Read document was designed by
Royal National Institute of Blind People (RNIB)

www.rnib.org.uk

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