

There are a number of different procedures which are part of the Ophthalmology specialty. Below is guidance for one specific procedure. Further information about other common procedures can be found through the below link:

<https://www.nhs.uk/conditions/>

Cataracts procedures

Cataracts are when the lens of your eye, a small transparent disc, develops cloudy patches. When we're young, our lenses are usually like clear glass, allowing us to see through them. As we get older they start to become frosted, like bathroom glass, and begin to limit our vision. Cataracts most commonly affect adults as a result of ageing.

You'll be referred to a specialist eye doctor for an assessment. During the assessment different measurements will be taken of your eyes and your eyesight.

The assessment is an opportunity to discuss anything to do with your operation, including:

- your lens preference, such as near sight or long sight
- the risks and benefits of surgery
- if you'll need glasses after surgery
- how long you'll take to fully recover

If you're used to using 1 eye for distance and 1 for reading, which is called mono-vision, you can ask to stay that way. This usually means you'll get a near-sight lens fitted in 1 eye and a long-sighted lens fitted in the other eye.

To find out more about what to expect during your procedure, please review the appropriate NHS Conditions website:

<https://www.nhs.uk/conditions/cataract-surgery/>