

# CHECKLIST

## CATARACT SURGERY & GLASSES

### RECOMMENDATION

This checklist offers you some initial assistance, but is no substitute for an individual consultation with an ophthalmologist.

## NEW LENSES AFTER CATARACT SURGERY

Think about customised lenses from Wetzlich for your new glasses - for clear vision after cataract surgery.

### Before the operation

- ☐ Have I had my eyesight checked by an optician or ophthalmologist?
- ☐ Have I been informed in detail about the different types of intraocular lenses?
- ☐ Has it been discussed with the ophthalmologist which intraocular lens is suitable for me?
- ☐ Do I know whether and which glasses I will need after the operation?
- ☐ Do I have all appointments (pre-examination, operation, aftercare) in writing?
- ☐ Have I organised an accompanying person for the day of the operation (if necessary)?

### On the day of the operation

- ☐ No cosmetics in the eye area (e.g. mascara, cream)
- ☐ Do not wear contact lenses
- ☐ Bring comfortable clothing and glasses with UV protection
- ☐ Have all documents, findings and medication list ready
- ☐ Clarify how medication (e.g. eye drops) should be used after the operation

### After the operation

- ☐ Use eye drops regularly / as prescribed
- ☐ Protect from sunlight: Wear glasses with UV protection and ideally infrared protection
- ☐ Do not rub or press on the eye
- ☐ No heavy lifting, sport or driving in the first few days
- ☐ Always adhere to inspection dates

### The new lenses

- ☐ Have I discussed the right time for the new glasses with my ophthalmologist?
- ☐ Has my new prescription been professionally measured?
- ☐ Have I sought advice on suitable lenses? E.G. :
  - ☐ Close-up comfort glasses, reading glasses (single-frame glasses)
  - ☐ Progressive lenses for all distances
  - ☐ Workplace glasses

### Notes