



# Getting ready for your cataract surgery

---

## Pre-operative instructions to follow before your operation.

---

### Cleaning your eyelids

You can buy cleaning solutions, eyelid scrubs and wipes at your local pharmacy. Or you can make a simple cleaning solution by diluting 1 part of baby shampoo in 10 parts of warm water. **Clean your eyelids twice a day for at least 3 days prior to surgery if time allows.**

### Cleaning instructions

1. **Warm:** Apply a warm compress over your eyes for 5-10 minutes. The heat softens clogged oils in the eyelid glands.
2. **Massage:** Using a finger or cotton bud, carefully massage the skin of the upper eyelid downwards and the skin of the lower eyelid upwards toward the eyelashes. This releases blocked oils from the eyelid glands. If you suffer from glaucoma, do not put any pressure on the eye while doing this.
3. **Clean:** Soak a cotton bud in cleaning solution and gently clean your eyelids and eyelashes. Use a fresh bud with each application – **do not re-dip the dirty bud back into the cleaning solution.** This helps to clear any flakes or debris along the eyelids and eyelashes.
4. **Rinse** your eyes thoroughly with warm water and dry with a clean cloth.

### Other reminders prior to surgery

- Please eat and drink as normal – there are NO fasting instructions.
- Take all medications as normal, unless advised otherwise by the pre-op nurse.
- Wear loose comfortable clothing on the day of your surgery.
- Remove all jewellery / watches / necklaces. Wedding ring can be taped.
- Please bring a change of shirt / top on the day of surgery.
- Please ensure you have a supply of cotton pads, medical tape and pain relief, such as paracetamol, available at home for after surgery.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Ophthalmology (PCEU only), April 2025. Next review due: April 2027.