



veonet  
Ireland

Specialist Eye Clinics

# Cataract surgery

What you need to know before  
and after your procedure

## Your treatment at Veonet Ireland

At Veonet Ireland, we know how important your vision is to your everyday life. Our mission is simple — to make world-class eye care more accessible and affordable for patients across Ireland, delivered with warmth, understanding, and expertise.

This brochure is designed to help you feel comfortable and informed about your cataract surgery. We'll explain why this treatment may be recommended, what's happening with your vision, and what you can expect on the day.

From your first visit to your follow-up care, our team is here to support you every step of the way — ensuring you feel confident, cared for, and in safe hands.



### Is there a lens implant that's best for my lifestyle?

There isn't a one-size-fits-all option when it comes to lens implants. The best choice depends on your individual eye health and your visual needs in daily life. Some eye conditions may make certain types of lenses less suitable. It's also important to know that lens implants won't improve vision loss caused by other issues like glaucoma, diabetes, or macular degeneration.

Our goal is to recommend the lens that offers the best balance of safety, comfort, and visual clarity for you.

### Choosing the right lens for you

We take your lifestyle and visual needs into account when recommending the most suitable intraocular lens (IOL) for your cataract surgery. Our aim is to help you achieve the kind of vision that supports the way you live.

The best IOL for you will depend on several factors, including your overall eye health, which can affect which lens options are suitable.

### Will I still need glasses after cataract surgery?

After cataract surgery, most people find they need glasses less often—especially for near, intermediate, or distance vision, depending on the type of intraocular lens (IOL) used.

- **Near vision** – e.g., reading
- **Intermediate vision** – e.g., using a computer, viewing your car's dashboard
- **Distance vision** – e.g., driving, watching TV

There are IOLs designed to correct conditions like short-sightedness (myopia), long-sightedness (hyperopia), and astigmatism.

You should wait about six weeks after surgery before updating your glasses prescription with your optometrist. In the meantime, if you need help with reading, you can speak to your optometrist about reading glasses.



## What types of lens implants are available to me?

There are several types of intraocular lenses (IOLs) available to suit your lifestyle and vision needs after cataract surgery. The best choice for you depends on your eye health, visual goals, and whether you're happy to wear glasses after surgery.

### Option if you want less dependence on glasses:

#### Extended range IOLs:

These lenses offer functional vision for near (e.g. reading a phone screen), intermediate (e.g. computer), and distance (e.g. driving/TV) tasks. Glasses are usually only needed for reading very small print in low light or for long periods of reading. These lenses are suitable for most eyes and offer a good balance of clarity and comfort.

#### Multifocal IOLs:

These lenses can provide clear near, intermediate, and distance vision without glasses. However, they can cause halos around lights and may reduce vision quality or cause a "waxy" quality to their vision. They are not suitable for those with dry eyes or certain other eye conditions, so only a small number of patients are good candidates for multifocal lenses.

### Single vision lenses are suitable for all eyes.

#### Monovision/blended vision:

This approach uses single vision lenses with one eye set for distance and the other for near vision.

It can work well if your brain adapts well to it, but some people experience reduced depth perception or a feeling of imbalance. Monovision was more common before extended range lenses became available. You may still need glasses for driving or long reading sessions.

### Options if you're happy to wear glasses after surgery:

#### Single vision IOLs:

Single vision lenses provide either clear distance vision or clear near vision.

**If you choose distance vision**, you will need glasses for close-up tasks like using a computer, phone, or reading.

**If you choose near vision**, you will need glasses for distance activities like driving, watching TV, or walking around.



Scan the QR code to view the vision simulator

## What if I have astigmatism?

If you have astigmatism (a common condition where the cornea has an irregular shape), you may benefit from toric IOLs.

Toric lenses are available in all the types mentioned (single vision, extended range, and trifocal) and are specially designed to correct astigmatism during your cataract surgery.

- Without a toric lens, you would still need glasses to correct your astigmatism after surgery for both distance and near.
- With a toric IOL, many people achieve sharper vision without glasses.



## What happens during cataract surgery?

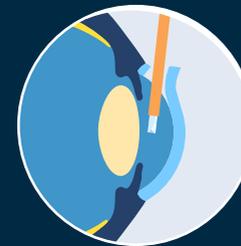
During cataract surgery, the surgeon removes the cloudy lens (cataract) from your eye and replaces it with a clear, artificial lens called an intraocular lens (IOL).

### 1 Incision



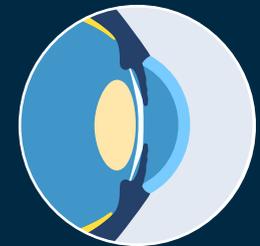
Small, microscopic cuts are made in your eye to allow tiny instruments to be gently inserted during the surgery.

### 2 IOL inserted



Ultrasound waves are used to gently break the cataract into smaller pieces, which are then carefully removed by suction. The IOL is folded and gently inserted through the small incision.

### 3 Final result



Once inside, it unfolds and settles into the natural lens capsule where the cataract was removed.

**The tiny incisions are self-healing so stitches are usually not required.**



## What are the risks of cataract surgery?

Cataract surgery is the most commonly performed procedure in the European Union and has a high success rate with a low risk of complications. However, like all surgeries, it does carry some risks. It's important that you're fully informed before giving your consent.

While most people have a smooth recovery and improved vision, there is a small risk of complications, including rare but serious ones. These may include:

- Bleeding
- Infection
- Swelling or damage to the cornea (corneal decompensation)
- Fragments of the lens remaining in the eye
- Increased eye pressure
- Retinal detachment
- Loss of vision
- Visual effects such as glare or halos

Although serious complications are uncommon, they can occur. All risks, both common and rare are explained in more detail on your surgical consent form.



## How your medical history can affect surgery

Some eye conditions, medical treatments, or a history of facial or eye trauma can increase the risks associated with cataract surgery. That's why it's very important to tell us about your full medical and eye history, so we can plan the safest approach for your surgery.

In some cases, weakness or damage to the internal structures of the eye may not be visible before surgery. If this is discovered during the procedure, we may need to use a different type of intraocular lens (IOL), or additional surgery might be required.



## What to expect after surgery

The eye is living tissue and continues to adjust after surgery. In the weeks following your operation, the IOL will naturally settle into place, and the shape of the cornea (the clear front “window” of the eye) may also shift slightly.

These changes usually have little or no impact on your vision. Occasionally, they may affect how sharply the IOL focuses light on the retina. If this happens, your vision can often be improved with glasses.

## Will I be awake during surgery?

Yes, you will be awake during the procedure. Your eye will be numbed with anaesthetic drops to prevent any pain, although you might experience a mild sensation of pressure. Cataract surgery is a same-day procedure, so you'll be able to go home once the treatment is completed.

## How should I prepare for eye surgery?

### Admission

The Veonet Ireland team will inform you of your admission time. Please note that this is not the time of your surgery. Cataract surgery is a day procedure, and you will be able to go home the same day. We recommend allowing at least 3+ hours for your visit to our hospital.

### Hygiene

Shower and wash your hair either the night before or the morning of your surgery. On the day, wear loose and comfortable clothing. Please do not wear any eye makeup.

### Medications

Continue taking all your regular medications as usual, unless advised otherwise by your doctor.



## What should I do after surgery?

Your eye may feel scratchy, and your vision will be blurry at first — this is normal and will gradually improve. You'll be offered something small to eat and drink before you're discharged.

Please ensure you have arranged for someone to collect you and stay with you for the first 24 hours after your surgery.

## Starting your eye drops

Begin using your prescribed eye drops four hours after surgery, following the instructions provided.



## The morning after surgery

- Remove the eye shield in the morning and discard.
- You'll find cleansing pads in your take-home bag.
- Use one pad with **cooled boiled water** to gently clean the closed eye, wiping from the inner corner to the outer corner.
- Use each pad only once, then throw it away. Use a second pad if needed.
- After cleansing, apply your eye drops as instructed.

## Will I have to stay in hospital?

Cataract surgery is performed on a day case basis. This means you are admitted to hospital, have your operation, and are discharged home on the same day. You could spend several hours in hospital from arrival to discharge.

## What to expect after cataract surgery

### How should my eye feel?

After cataract surgery, it's normal to experience some mild discomfort as your eye heals. Here's what you can expect:

## Common and normal symptoms

### Redness

The white of your eye may look red for up to a week, especially if you take blood thinners. This is harmless and does not affect your vision.

### Grittiness or foreign body sensation

You may feel like something is in your eye, or notice a gritty sensation. This is called Surgical Transient Ocular Discomfort Syndrome (STODS), caused by healing of the surface and nerve endings of the eye.

- This can last for several weeks or, in some cases, a few months.
- Use lubricating eye drops or artificial tears to ease the discomfort.
- If needed, take simple pain relief such as paracetamol.

### Dilated pupil

Your pupil may remain enlarged for a day or two after surgery due to the drops used during the procedure.

### Blurred or fluctuating vision

Most people notice clearer vision within a few days, but it can take longer for your eye to fully settle. Everyone heals at a different pace, depending on:

- The density of the cataract removed
- The shape of your eye
- Your age
- Any pre-existing eye conditions



## Can the cataract come back again?

**No. Once a cataract is removed, it cannot come back.**

However, in the months or years after surgery, the clear membrane (or capsule) that holds the artificial lens (IOL) can become cloudy due to natural protein build-up. This can cause your vision to become blurry again.

This is known as posterior capsule opacification (PCO), and it's a common and harmless condition. If this happens, it can be easily treated with a quick, painless laser procedure done in the clinic. The laser creates a small opening in the cloudy capsule, allowing light to pass through clearly again — restoring your vision.

### Dos and don'ts following cataract surgery

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| <ul style="list-style-type: none"> <li>✔ Use all the eye drops as directed including any usual drops you use e.g. for glaucoma- start a fresh bottle after the operation</li> <li>✔ Wear the protection shield for first night when sleeping. Do not sleep face down</li> <li>✔ Resume moderate physical activity after 24 hours and continue to watch television or read</li> <li>✔ Shower or bathe but do not allow tap water to enter your eye for first 2 weeks</li> </ul> | <ul style="list-style-type: none"> <li>✘ <b>DO NOT RUB</b> or apply pressure to the eye</li> <li>✘ Avoid windy or dusty situations</li> <li>✘ Do not wear eye makeup for the first two weeks, make sure to use fresh product</li> <li>✘ Do not swim, use sauna or hot tubs for four weeks following cataract surgery</li> <li>✘ Do not drive or operate machinery for 48 hours after surgery</li> </ul> |
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## Feedback and complaints

At Veonet Ireland, patient experience is at the heart of everything we do. Feedback helps us to continually improve our services and celebrate what we do well.

### Compliments

If you've had a positive experience with our team, we'd love to hear about it. Sharing your story helps us recognise and thank our staff for the care they provide.

### Suggestions & Feedback

We welcome ideas on how we can improve our services, facilities, or communication. Every suggestion is carefully reviewed and considered.

### Complaints

If something hasn't met your expectations, please let us know. We take all concerns seriously and will work with you to resolve them quickly, fairly, and with respect.

### How to Share Your Feedback

- Speak directly with our patient care team during your visit
- Call our patient services team on **ROI 01 270 7888 or NI 028 9002 9002**
- Email us at **patientexperience@veonet-ireland.com**

Your voice matters. Whether it's a compliment, suggestion, or complaint, your feedback helps us deliver the highest standard of care for every patient.

## Accessibility

This brochure is available in alternative formats to ensure it is accessible to everyone. Braille - Copies are available in Braille upon request. Larger Print - We can provide this brochure in a larger font size for easier reading. Digital Format - An accessible digital version can be sent by email or downloaded for use with screen readers. To request this brochure in an alternative format, please contact:

**T ROI 01 270 7888 or NI 028 9002 9002**

**E Patientexperience@veonet-ireland.com**

Veonet Ireland is committed to making all of our information accessible, so every patient can engage with and benefit from our services.







### **Our Locations**

Belfast

Cork

Dublin Carrickmines

### **Opening 2026**

Dublin North

Galway

Waterford



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**Specialist Eye Clinics**

## **How to contact us**

Contact your Veonet Ireland Clinic for appointment information or questions about your treatment.



**ROI 01 270 7888**

**NI 028 9002 9002**

(Monday - Friday, 07:30 - 17:30)

**[info@veonet-ireland.com](mailto:info@veonet-ireland.com)**

**[veonet-ireland.com](http://veonet-ireland.com)**