

I am looking at the world afresh and it is simply amazing

REGULAR readers of my column will recall that, in October last year, I wrote about my impending cataract surgery. I thought you might be interested in an update on how it went.

There were a few volunteers to take me to Aberdeen, which was very touching. We had an enjoyable but long journey and by the time we got there my tongue was worn out!

I was full of nervous energy at the prospect of my double eye surgery, but my surgeon Mr Aravind Reddy and his team were very calming and professional.

The surgery was painless but felt strange, and it was amazing to be able to watch as the procedure took place. I felt the benefit immediately as the artificial lenses (implants) were implanted.

I was soon discharged with my new implants, my care pack, and some very unattractive eye protectors!

I can only liken the return



The Postie Notes

By Mark Gilbert



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journey to some sort of drug induced trip, with the eye protectors causing me to see an aura of misty, floating rainbow colours round the street lights. At times they all joined up to form a wave of colour.

I had to keep the eye protectors on for 24 hours and then wear them in bed for a week, to prevent me rubbing my eyes in my sleep.

Although I didn't consider my pre-operation eyesight to be too bad, within days I was seeing further, and in more detail, than I could ever remember.

From my house to Torrisdale tunnel I would usually need my binoculars to make things or people out, but now I can distinguish almost anything.



After eye surgery, lichen on the trees is now one of postman Mark Gilbert's favourite sights.

The detail and colours of everyday life are like a rebirth and whereas previously I would have seen a pine forest of green, now it isn't a blob.

I can make out individual trees from a very long way off, and am now seeing new vistas in high definition – it is a wonder.

My favourite sight is the lichen on the trees which is abundant and so colourful at this time of year.

Mr. Reddy did tell me that I would be able to see as far as I ever wanted to after surgery, but that he couldn't give a true prediction of my close-up reading because it depended on the condition of my eyes.

Well, my eyes must have

been quite good for their age because, if I have the right lighting, I do not need any help, apart from my magnifying glass at times, to make out small writing/ letters.

I am composing this now with just a reading lamp to light my laptop.

Old habits die hard, and anyone who wears glasses of any kind will know the habit of pushing them back up their nose. Would you believe it, I still do this occasionally, and also feel for my glasses on the bedside table when it is time to get up!!

As well as glasses, I also wore contact lenses for 30 odd years, and with lenses in, peeling and chopping

onions didn't make me cry. The implants have the same effect.

I had been due to go on the second part of a Driver Improvement Course but it was postponed because I failed the eyesight test. I completed it successfully a couple of weeks ago.

The instructor came on my round with me and marked me 77/80 for my driving ability.

A great result, but I've had to be more careful with my new "Deadeye Dick" eyesight, because I can now see so much detail, that I have had to slow down even more, just to take in the wonder of my new world.

■ Mark Gilbert is a postman based at Bettyhill.