

# CATARACT

## Welcome to Cataract Clinic at Rushabh Eye Hospital & Laser Centre

Cataract is the clouding of natural lens of eye.

Most people after sixty years of age will eventually develop cataract. Sometimes cataract can also occur in children and in younger individuals.

In the olden days it was a misconception that cataract had to be fully ripe or mature before it is to be operated. But in the present time the moment cataract start to interfere with the daily activities like watching T.V., reading, writing, driving, it can be operated.

After a thorough check up if you are diagnosed as having cataract, you will be advised by our Doctors or Counselors about the surgery, the various lens options available and the necessary post operative care required. In case if you wish to wait you will be given the right guidance about how long you can wait and what care to be taken during waiting period.



Cataract surgery can help restore your vision and we at Rushabh, look forward to help you to attain clear natural vision again. We offer a range of cataract surgery techniques to suit every individual.



Vision with Cataract



Vision after Cataract Surgery



With advanced technology seeing as well as you did in your younger days is a reality !

Modern cataract surgery is done by ultrasound technology called Phacoemulsification. The cataract is removed and the natural cataractous lens is replaced by special lens which allow the eye to retain its ability to focus. Our Surgeons are highly experienced and certified in cataract surgery and will offer you the best lens with surgery. A combination of expertise, technology and care by the team will make your surgical experience at Rushabh memorable.

Today cataract surgery is most common and successfully performed surgical procedure in India.

## What is Cataract ?

Contrary to popular belief, Cataract is not caused by eye strain or reading too much, but is a result of aging, injury, steroid use, exposure to UV light, smoking & diabetes. Almost every person develops cataract changes as the eye ages. It is a natural process of eye aging.

Just behind the pupil of your eye is the lens. This focuses the light entering the pupil to make a clear image in the retina. The retina changes the image into a nerve impulse so that the brain can “see” it. Usually the lens of the eye is crystal clear so that light passes through it easily. If any cloudiness develops in the lens then it starts to block the light passing through and the patient begins to get blurred vision. This clouding of the lens is called CATARACT. When the blurring gets worse it is better to have the cloudy lens removed by an operation and replaced by a clear artificial lens.

**Cataract surgery can be very safely performed in patients with Diabetes or Glaucoma.**



Eye with cataract



Vision with cataract



Eye without cataract



Vision without cataract

## Symptoms of Cataract ?

- ❖ Cloudy, fuzzy, foggy, or filmy vision.
- ❖ Changes in the way you see colors.
- ❖ Problems driving at night because headlights seem too bright.
- ❖ Problems with glare from lamps or the sun.
- ❖ Frequent changes in your eyeglass prescription.
- ❖ Double vision

## Self Evaluate Yourself for Cataract

You may have **CATARACT** if you have any of the following complaints

- ❖ I do not see well enough to do my best at work.
- ❖ I need to drive, but there is too much glare from the sun or headlights.
- ❖ I do not see well enough to do the things I need to do at home.
- ❖ I do not see well enough to do things I like to do ( for example, read, watch TV, sew, taking a walk, play cards or go out with friends.)
- ❖ I am afraid I will bump into something or fall.
- ❖ Because of my cataract, I am not as independent as I would like to be.
- ❖ My glasses do not help me see well enough.
- ❖ My glass number is changing very frequently.
- ❖ My weak eyesight bothers me a lot.

### Near vision



Vision with cataract

Vision without cataract

### Intermediate vision



Vision with cataract

Vision without cataract

### Far vision



Vision with cataract

Vision without cataract

## Phacoemulsification (Phaco): Advanced Cataract Surgery

Today, most cataract patients have increased expectations for the outcome of cataract surgery. Also the patients are much more active today and prefer a life with minimum help from eye glasses. Using advanced surgical techniques of Phacoemulsification, the removal of the cataract is a safe and straightforward process. It is performed without sutures through a micro incision in the eye and takes 7 to 15 minutes.

No discomfort is experienced during & none or minimal after the procedure. These are the benefits of the surgery today.

### The Technology used

The best way to treat your cataract is to remove the cloudy lens and replace it with a new, clear artificial lens IOL.

The most modern technology of Cataract removal is called phacoemulsification, or phaco. In phaco surgery, a small ultrasonic probe is inserted into the eye. This probe breaks (emulsifies) the cloudy lens into tiny pieces and gently washed out. This lens is then replaced with a clear man-made one. The new lens is inserted and it opens up like a flower when inside. No stitches are used and the incision is self healing. Phaco requires a small incision of only 2.6 millimeters or less.

The phaco machine used for cataract surgery @ Rushabh is the Millennium by Bausch & Lomb, USA. This phaco technology is amongst the most advanced, giving you the experience of clean natural vision.

This technique is the most successful method of restoring your vision following cataract surgery.



### Anaesthesia

Local anaesthesia eliminates any sensation of pain and prevents movement of the eye during surgery. Topical anaesthesia OR Eye Drop Anaesthesia is administered by placing drops on your eye. It eliminates any sensation of pain but does not prevent your eye from moving around. Both types of anaesthesia leave you fully awake and aware during the operation.

## Giving the Right Lens – The IOL Master

**Measuring the Lens power :** Giving you the **most accurate lens power** makes it worth while if you do not have to depend on glasses as much as you did before surgery. We use the latest Lens Measurement systems in the world today, to give you best in Cataract surgery today.

**Rushabh Eye Hospital & Laser Center** is pleased to offer the **new IOL master technology** for extremely accurate measurement of the axial length used for intraocular lens power calculations (the custom power of the implant for an individual's eye).

This device uses partial coherence interferometry to measure the length of the eye (as opposed to standard ultrasound measurements). It has an accuracy of  $\pm 0.02$  mm or better! This represents a fivefold increase in measurement accuracy when compared to standard A-scan ultrasound used at other eye hospitals (which has a resolution of  $\pm 0.1$  to  $0.12$  mm).

Additionally, this device is non-contact, thus eliminating inaccuracies introduced by even small amounts of corneal compression induced by routine A-scan measurement probes. It also calculates anterior chamber depth, Keratometry and the standard deviation of multiple readings (a sign of how accurate the individual's testing results are).

We have invested in this new technology because we feel it will improve our ability to calculate implant powers with even greater accuracy! **This helps our cataract surgical patients have better distant vision without glasses by improving our accuracy in choosing the best implant for the patient's eye.**

**We are truly committed to continual improvement in our surgical technology**

**IOL MASTER** Device Used for  
Extremely Accurate Measurement  
Used in Lens Power Calculations



## Types of IOL (Intra Ocular Lens):



Once the Cataract is removed, a permanent, artificial lens, called an Intraocular lens or IOL is implanted. There are two types of IOL available; non-foldable and foldable.

**Non-foldable Lenses (IOL):-** Are made of a hard plastic material, are bigger in size & bigger incisions need to be made

**Foldable Lenses (IOL):-** Are made of a soft acrylic material.

### Advantage of Foldable IOL

1. Foldable IOLs are made up of soft Acrylic material.
2. Need very small incision for insertion of Lens in the eye usually it is 2.6mm
3. Does not require stitches
4. Very short healing time upto 4-5 days only
5. Chance of infection minimal.

Patients who undergo cataract surgery now also have options for 'upgrades' for intraocular lenses that have never been available in the past.

### Foldable Lenses (IOL):-

Are either MONOFOCAL or MULTIFOCAL.

### Monofocal Lenses (IOL):-

Are designed to provide patients with enhanced distance vision but typically patients still require the use of glasses for near vision.

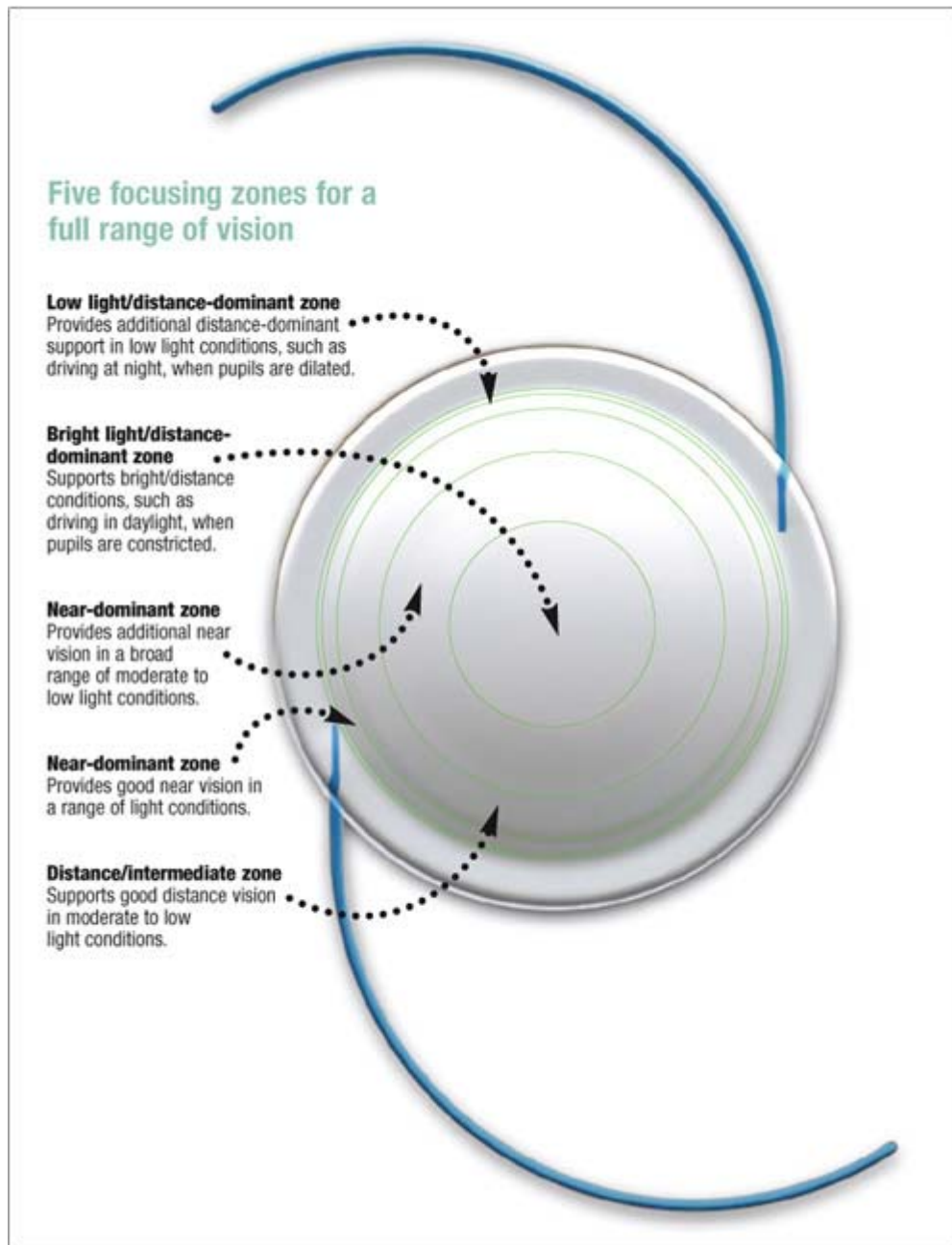
A Monofocal lens implant can fix your vision for one distance only. The implant can not change shape like your original lens. Thus, the patient has no ability to focus in or out and the patient will often be dependent on progressive bifocals for near vision.

### Multifocal Lenses (IOL):-

Have revolutionized existing state-of-the-art cataract surgery. Multifocal IOL helps to achieve the ultimate goal of INDEPENDENCE from glasses.

A multifocal intraocular lens has both distance and near focal points. 80% of patients who get these lenses will never need glasses for any activity. Of those 20% of patients who need glasses for certain activities, 95% say that they would still get the bifocal lens because it gives them good vision for most activities at distance or near.

[To Know more on Multifocals ....](#)



## Post Cataract Care

You will be permitted to go home within two hours after cataract surgery. You may go home and rest. The eye drops are started after the dressing in the evening or next morning.

- ❖ There is no diet restriction.
- ❖ Playing with children is to be avoided for a few days.
- ❖ Do not rub the eye with hand or hankercieves. Use only tissues which can be used and thrown away. This prevents infections.
- ❖ Head bath is permitted after 3 days of surgery.
- ❖ If the eyes need to be kept clean after surgery, they should be wiped with cotton dipped in boiled and cooled water.
- ❖ Hands should be washed with soap and water before putting the eye drops.
- ❖ All activities at home are allowed after 2 days, including reading, writing, watching TV, Cooking and taking an evening walk in non crowded areas.

### How to put the drops in your eyes after operation

First shake the bottle and remove the cap. Hold the bottle upside down with your index finger on the bottom as in the photograph.

Pull down the lower lid of the eye with your other hand and hold the tip of the over the eye. Press on the bottom of the bottle with the index finger and a single drop will fall into the eye. Only one drop is all that is required.

