

THE
CATARACT CLINIC
AT
INSIGHT EYE SURGERY

Enjoy your best life with clear vision

**Your guide to
Cataract Surgery**



IE

INSIGHT EYE SURGERY

Eye care – about you

Thank you for choosing Insight Eye Surgery

This Guide to Cataract Surgery is here to help you understand your cataract journey: from your first consultation, to selecting the most suitable intraocular lens (IOL) for your cataract surgery, and what you can do after surgery to help you get the best vision outcomes possible.

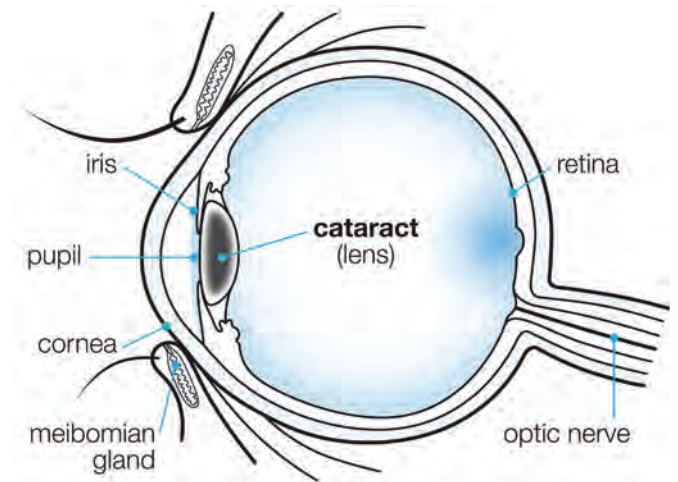
The Insight Eye Surgery team is here to help you enjoy your best life with clear vision.



Our patients are regularly amazed by the detail they can see once we remove their cataracts. They are able to engage again in their old hobbies and activities – and start new ones!

You have been recommended for cataract surgery... So what is a cataract?

A **cataract** is the natural lens inside your eye that has become cloudy. The lens is the size of a shirt button and is located just behind the iris (the coloured part of the eye). It focuses incoming light onto the retina, which is the 'camera film' at the back of the eye.



Why do cataracts form? Age is the most common cause. They may develop earlier for several reasons, including family history, an eye injury, diabetes, short-sightedness, previous eye conditions or surgeries, certain medications and medical conditions.

What are the symptoms of a cataract?

Symptoms may include blurred or dulled vision, sensitivity to light and glare, ghost images, reduced vibrancy of colours, and reduced vision in dim light. Cataracts can creep up on you as they slowly grow – you may not be aware of them until your optometrist assesses your eyes or you have your driving vision checked.

Many people are surprised how much brighter and clearer life is after they are removed.

How are cataracts treated? The cataract is removed and replaced with a new artificial lens called an intraocular lens or IOL. Surgery is the only way to remove a cataract. You can decide not to have the cataract removed. If you don't have the surgery, your vision loss from the cataract will continue to get worse.

Is there a lens implant that best suits my lifestyle?

There is no 'better' option – the choice is dependent upon your eye health as well as your lifestyle visual requirements. Certain eye conditions can make particular IOLs unsuitable. IOLs do not correct other causes of decreased vision, such as glaucoma, diabetes, or age-related macular degeneration.

We will recommend the best lens for you, considering optimal safety and comfort, as well as aiming for the best possible refractive outcome.

We listen to your lifestyle needs when recommending the most suitable IOL for your cataract surgery. We will select the best IOL for the type of vision you want, so you can have the vision for the lifestyle you desire. This will be dependent on factors, including your eye health, which determine suitability for IOL types.

Will I still need my glasses?

Following cataract surgery most people will have reduced dependency on glasses for near, intermediate and/or distance vision depending on the IOL type used in the cataract surgery:

- Near vision – reading
- Intermediate vision – seeing the dashboard of the car, working on computer screens
- Distance vision – driving, watching TV

There are IOLs available to correct near-sightedness (myopia), far-sightedness (hyperopia), and astigmatism.

You should not update your glasses with your optometrist until six weeks after the surgery. In this time, if you need extra help for reading you can use over the counter readers.

We conduct full assessments for cataract surgery at Insight Eye Surgery. We have acquired the most sophisticated biometry technology in the Zeiss IOL Master 700 and conduct corneal imaging and aberrometry with the CSO Sirius and Osiris machines. We are one of the first practices in Australia to have full digital integration of eye measurements right through to the operating theatre microscope.

What types of lens implants are available to me?

These IOLs are suitable if you are happy to wear glasses following cataract surgery:

Single vision IOLs provide distance vision. Glasses are usually required for most things inside arm's length, e.g. computer, phone, and reading. All eyes are suitable for single vision lenses.

Monovision/blended vision – Using single vision IOLs, one eye is set for distance, one eye for reading. If tolerated, this can work well but it may cause issues with reduced depth perception and a sense of imbalance. Prior to extended range IOLs this technique was used more widely.

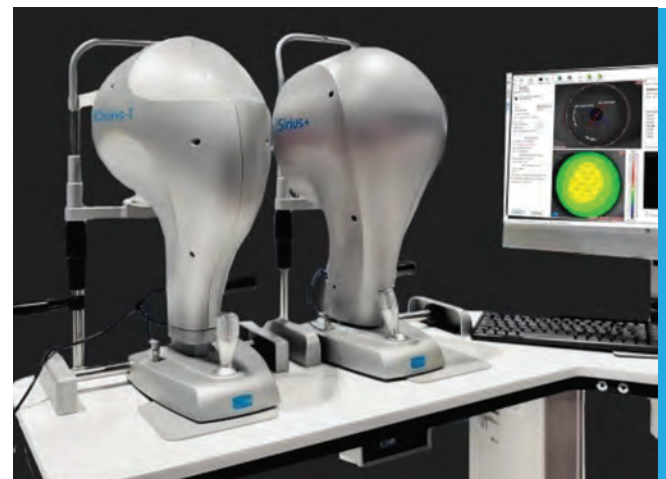
With monovision you may still need glasses for driving and prolonged reading.

The following IOLs are suitable if you want reduced dependency on glasses following your cataract surgery:

Glasses may still be required for some tasks or in certain light conditions, regardless of IOL type.

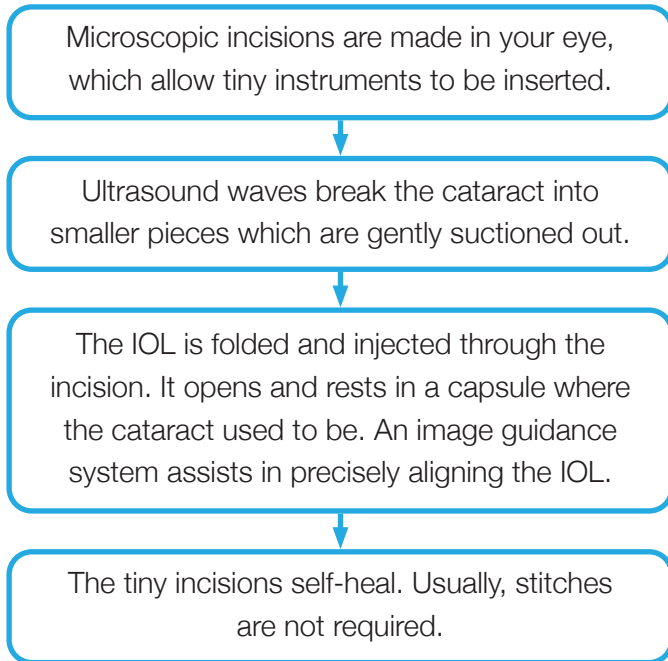
Extended range IOLs provide for functional near, intermediate and distance vision. Glasses are usually only required for reading small print in dim lighting, or for prolonged periods (e.g. reading a novel). These IOLs suit most eyes.

Trifocal IOLs – near, intermediate, and distance vision can be achieved without glasses. They cause halos around lights and can cause reduced quality or waxy vision in some people. They are not suitable for people with dry eye or other eye conditions, so only a minority of eyes are well suited to trifocal lenses.



What happens during cataract surgery?

During the surgery, the ophthalmologist removes the cataract and puts in a new artificial intraocular lens or IOL:



What are the risks of my cataract surgery?

Cataract surgery is the most commonly performed surgery in Australia and the success rate is higher than 99%. However, we need to let you know about the possible complications, even if some are very rare, so you have informed consent. All operations and procedures have risks and can result in unsuccessful results, complications, injury or even death, from both known and unknown causes. More information is available to you on your surgery consent form.

Risks of cataract surgery include, but are not limited to: bleeding; infection; corneal decompensation; pieces of the lens remaining in the eye; high eye pressure; a detached retina; loss of vision and visual changes such as glare or halos.

Certain eye disorders and medical conditions and treatments can make the risk of surgery higher, as can previous facial or eye trauma – **it is important you let us know all your past medical history so we can plan a safe operation for you.** If the structures in the eye are damaged or weak, this is often not apparent prior to surgery. It may mean a different type of IOL may need to be used, or you may need further surgery.

The eye is living tissue. The IOL settles into the eye in the weeks after surgery and the cornea (windscreen of the eye) settles and changes shape too. This change usually makes no significant difference to the outcome. Occasionally, it may affect how sharply the IOL focuses light on the retina. This can usually be corrected with glasses or you may consider further surgery to correct this.

If you need additional treatment such as extra drops, injections or surgery to treat issues or complications, this is not included in the fee for this procedure.

We are frequently asked: “Am I awake during surgery?”

A ‘twilight anaesthetic’ ensures you are relaxed. Your eye is numbed with anaesthetic drops. You do not feel pain or see the surgery while it is happening, and you may not remember the surgery afterwards. It is a day procedure so you can go home the same day.

After the surgery, our patients mention that they have a new lease of life. They can start planning life's next adventure...



How should I prepare for eye surgery?

Admission Insight Eye Surgery will inform you of your admission time. Remember that your admission time is not the time of your surgery. We recommend that you be prepared to spend most of the day in the hospital – bring a book.

Hygiene Shower and wash your hair either the evening prior to your surgery, or on the morning of your surgery.

Wear loose, comfortable clothes and do not wear eye makeup or nail polish on the day of surgery.

Fasting Do not have anything to eat or drink six hours prior to surgery – this includes water. But continue to take all your medications as you normally would with a small mouthful of water (unless instructed differently by your doctor).

Medications If you are diabetic, please discuss fasting and your medications with the doctor who cares for your diabetes (this would be either your endocrinologist or local doctor/GP).



What should I do after surgery?

Your eye may feel scratchy and your vision will be blurred – it will gradually improve. You will be given something to eat and drink and the hospital staff will make sure you are recovered before you go home.

Make sure you have organised someone to pick you up and look after you for the first 24 hours following surgery. The pharmacy will deliver your eye drops and a Cleansing Pack to the hospital for your convenience. They will invoice you for this separately. Start the eye drops four hours after surgery, following the instructions.

The morning after surgery:

Remove the eye shield. Use the Cleansing Pack provided in your bag to clean the eye. It contains several small cleansing pads, small plastic vials of normal saline labelled sodium chloride 1% (not to be used directly in the eye), and Micropore tape to secure your plastic shield at night.

Open one vial of normal saline and use to soak a small cleansing pad. Use the cleansing pad, gently clean the outside of the operated eye whilst closed by wiping from inner to outer eye. Wipe once and throw the pad away.

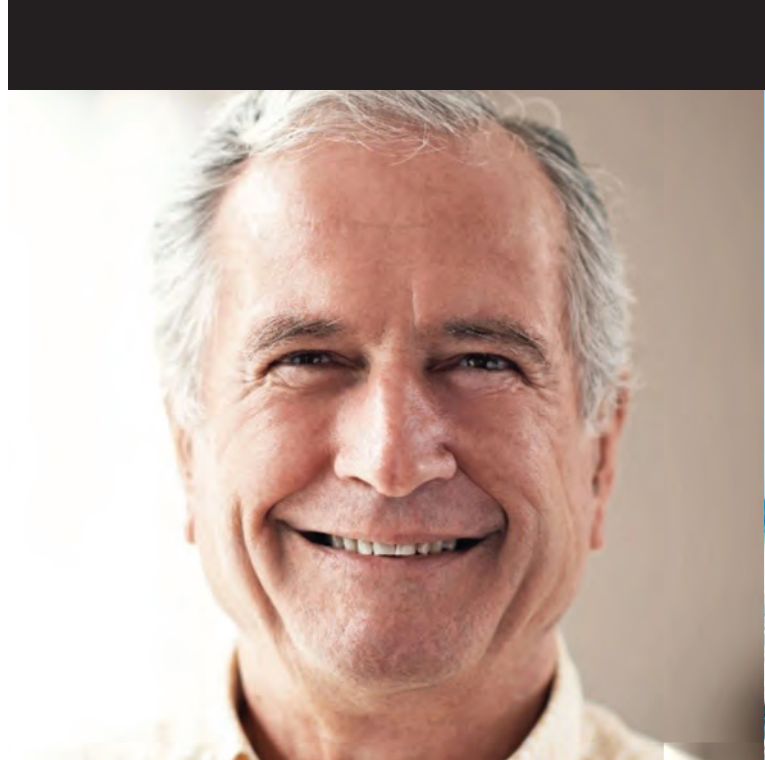
Repeat with a second pad if needed. (Note these are not 'eye pads' – they are not to be taped over your eye, they are just for cleansing). After cleansing, insert the prescribed eye drops as directed.



How should my eye feel after cataract surgery?

What to expect after surgery:

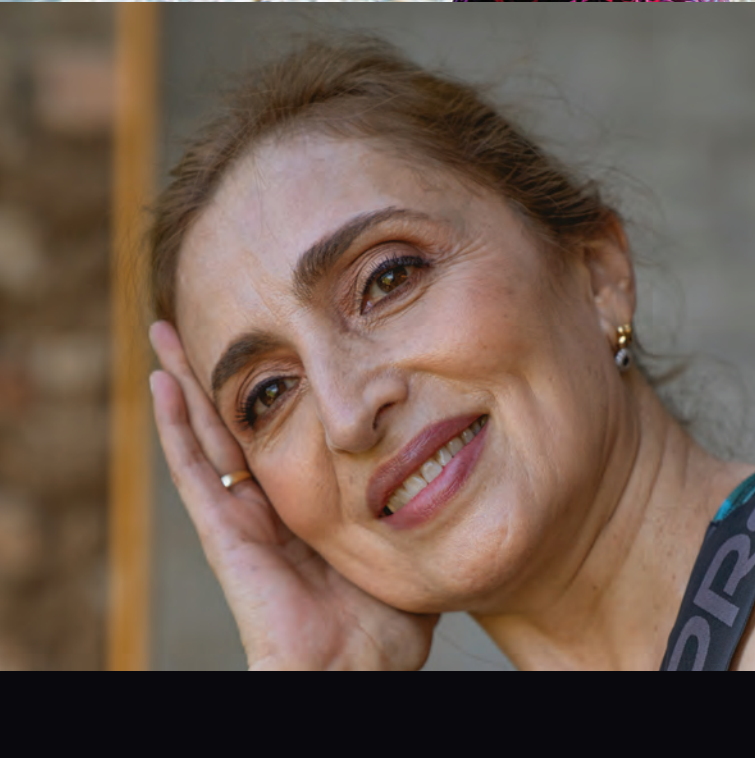
- It is normal for the surface of the eye to be red for a week or so (particularly if you take blood thinners); this does not affect the visual outcome.
- It is common to experience an occasional foreign body sensation or grittiness after surgery. Take simple pain relief, such as paracetamol, and use lubricants and artificial tears when necessary. This is called Surgical Transient Ocular Discomfort Syndrome or STODS. This is when nerve endings and skin on the eye are healing. This can sometimes persist for a few months.
- The pupil may remain dilated for a day or two due to dilating drops we use during surgery.
- Most people notice their vision is clearer in a few days but it can take longer for everything to settle down.
- Different people recover at different rates – this depends on the density of the cataract removed, the shape of your eye, your age and your pre-existing eye health.
- If you have a glaucoma stent inserted at the same time you may have some blood inside the eye – this is normal and will resorb in the first few days.
- You may notice some transient effects whilst your brain gets used to the new IOL. These symptoms will fade – it is best to ignore them, in the same way you are first aware of the rim on a new pair of glasses, which eventually you no longer notice. These include:
 - seeing a dark shadow in your outer vision which disappears when you hold a hand to your temple like a blinker (negative dysphotopsia);
 - a fluttering or jitter in your vision.



Insight Eye Surgery offers the opportunity to help enhance your tear film and ocular surface prior to and after cataract surgery with Intense Pulsed Light or IPL treatments. Our ophthalmologist will help you to choose the pathway to IPL.

Can the cataract come back again?

No, the cataract is gone for good. Cloudy vision will return when the capsule that the IOL sits in becomes cloudy with protein deposits, months to years afterwards, depending on several factors. An in-rooms laser procedure permanently clears this and restores your clear vision. The laser beam is used to make a small opening in the clouded capsule to provide a clear path through which the light can pass.



Dos and don'ts following surgery

- ✓ Use all the eye drops as directed including any usual drops you use e.g. for glaucoma – start a fresh bottle after the operation.
- ✓ Wear the protective shield for one week at night when sleeping. Do not sleep face down – If you have had a glaucoma stent inserted, sleep on three pillows for the first two nights.
- ✓ Resume moderate physical activity after 24 hours and continue to watch television or read.
- ✓ Shower or bathe but do not allow tap water to enter your eye for one week.
- ✓ Wash your hands before using your drops or cleaning your eyes.
- ✓ Use preservative-free lubricating eye drops for any grittiness or discomfort (you can buy these over the counter in the pharmacy).
- ✗ DO NOT RUB or apply pressure to the eye.
- ✗ Avoid windy or dusty situations.
- ✗ Do not wear eye makeup for two weeks, and when you do, make sure it's a fresh product.
- ✗ Do not swim for two weeks (with goggles) or four weeks (without goggles) following cataract surgery.
- ✗ Do not drive or operate machinery for 48 hours after surgery.

Where do I go for cataract surgery?

Our friendly staff will discuss where you can have your cataract surgery done and will provide you with the relevant hospital admission information when you book your surgery. Our ophthalmologist operates at any of these three hospitals:

Noosa Private Hospital

111 Goodchap Street
Noosaville Q 4566
Ph (07) 5455 9200

Westside Private Hospital

Level 1 Westside Private Hospital
32 Morrow Street
Taringa Q 4068
Ph (07) 3833 6701

Buderim Private Hospital

12 Elsa Wilson Drive
Buderim Q 4556
Ph (07) 5430 3303

You have started the journey toward achieving the best possible vision for your eyes and your life.

We hope this guide will help you to understand your options for cataract surgery.

Cataract surgery can be truly life-enhancing. Modern techniques allow for a speedy recovery and a greater range of vision than ever before.

For many people, it can mean being free of glasses for the first time for driving, reading or other day-to-day activities.

Enjoy your best life with clear vision today.



Get in touch

To find out more or to make an appointment call us:

Brisbane **07 3154 1515**

Noosa **07 5345 5011**

Or email us at

info@insighteyesurgery.com.au

For frequently asked questions and more information about cataracts and cataract surgery at Insight Eye Surgery scan the QR code to visit our website:



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