



**REMOVING CATARACT  
GETS SIMPLER WITH US!**

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### What is Cataract?

Cataract is the opacification of the natural lens in the eye. Although it is largely evident in the age groups from 50-70 years, recently it has been identified in the young patients as well. There are many reasons that cause Cataract but Diabetes and injury to the eye are the most important causes of Cataract. If ignored and untreated for long, Cataract can cause serious damages to the vision. Once you identify the symptoms, it is necessary that you visit your Eye Specialist and get a Cataract Check up done.

### How to treat it?

With the advent of advanced technology, removing cataract and restoring vision has got much safer and easier nowadays. Modern day Surgical Innovations have transformed the Cataract Surgery into a 'day care surgery'. The advent of 'phacoemulsification' has allowed for cataract rehabilitation through less than 3mm incision. The patient can start his routine activities in less than a week. Cataract surgery also has reduced the dependence on glasses after operation. Patients themselves can choose between a wide number of intraocular lenses depending upon their visual needs. (Our counselors can help you make the right choice.)

### What, if it happens at the young age?

Sometimes cataracts are seen in young children, either since birth (congenital) or in early childhood (developmental). Consultation and treatment from the Pediatric Ophthalmologist is a must in such case. The surgical technique and the choice of intraocular lenses vary greatly from that in adults. Glasses and exercises of the eye are often required for complete visual rehabilitation of such children.

### What are the procedures to treat or operate Cataract?

There are three proven and most successful ways to treat Cataract:

**Phacoemulsification:** It is an advanced technology which involves the removal of Cataract through a tiny incision of 2.2-2.8mm. In this process normally there is no need of stitches.

**Small Incision Cataract Surgery:** It involves the removal of Cataract through a 6-7.5mm incision (depending on the grade of cataract). In most cases stitches are not required in this process.

**Intraocular Lenses:** These lenses are bio-compatible. Lenses used for Phacoemulsification techniques are 'foldable' and for small incision are rigid.

### The Different Kinds of Lens

1. Unifocal / Aspheric Lens: It reduces aberration of the eye and gives better contrast sensitivity.
2. Multifocal Lens: These lenses allow for vision for distance as well as near, without glasses. These lenses mainly reduce dependency on glasses. However, few patients may require glasses for near vision. They may find difficult in night driving due to glare.
3. Toric Lens: These lenses are very helpful in correcting the astigmatism (cylindrical number). However, glasses for near vision may be required.

### Please Note:

**Please read the consent form carefully to fully understand the pros and cons of Cataract Surgery and have realistic expectations.**

**Our Consultants and Counselors are always available to answer any query that you may have.**

