

Freedom from cataract

All you ever wanted to know

FOR A PAIR OF HEALTHY EYES

Unlike common belief, cataract is not found in elderly alone, even young adults may have it. At a recent counseling session organised at Centre for Sight at its premises, Dr Harsh Kumar talked about the need to identify it and go for treatment at the earliest

What exactly is cataract? How does it affect vision?

The human crystalline lens, which is clear and transparent, is part of the focusing mechanism of the eye. With age, the lens becomes cloudy and opaque, thereby hampering normal vision. Any opacity in the crystalline lens which leads to decreased vision is called cataract or 'safed motia'.

Are cataracts found only in the elderly?

About half the population by the age of 65 has cataract while most people have cataract in at least one eye by the age of 75 years. But cataract is not found in old

people alone. Some children may have congenital or developmental cataracts. Young adults may have cataract due to inflammatory disorders, trauma, steroid use, diabetes, etc.

How will i know if i have cataract?

Cataract causes a gradual, painless loss of vision. It can cause glares /haloes around bright light. It can also cause diplopia or multiple images. If you feel your vision is deteriorating day by day and simple tasks are becoming difficult, you probably need to be evaluated for cataract. Consult an eye specialist for a detailed eye check up.



When should i get operated for cataract?

Cataract surgery should be performed as soon as it begins to affect your daily activities. There is no need to wait for the cataract to mature as most people think.

Is it safe to get operated in summers or rainy season?

Season does not affect the outcome of cataract surgery. With sophisticated technology and expert post-

operative care, one can get operated at any time of the year according to ones choice.

What are the treatment options for cataract?

Surgery is the only treatment for cataract. Phaco-emulsification with foldable Intra-ocular lens (IOL) implantation is the best and safest option. Using ultrasonic power, the cataractous lens is broken down into small pieces and

sucked out using a vacuum based aspiration system. A new artificial lens is implanted in its place which allows you to see clearly.

What are the various IOL options?

There is a wide range of IOLs that you can choose from. Aspheric IOLs provide better contrast and neutralize the aberrations of the eye to provide a better quality of vision. People who want reduced

dependence on glasses for both near and distance should consider multifocal IOLs. Patients with astigmatism will benefit from Toric IOLs in which the cylindrical power is incorporated within the IOL optic. Your eye surgeon will advise you regarding the best IOL option.



Dr Harsh Kumar

is recommended. Normal activities including walking, reading, writing, watching television etc., can be resumed soon after surgery. You can start cooking whenever you feel comfortable.

What are the diet restrictions after cataract surgery?

There are absolutely no diet restrictions after cataract surgery. However dietary restrictions due to diabetes and/or hypertension should continue.

How long does the surgery take?

The average duration of cataract surgery is 10-20 minutes.

Will I have any pain during the surgery?

Cataract surgery is painless and you can comfortably walk out of the operation theater after the procedure. It can be done either by using anaesthetic eye drops or by giving a small injection to anaesthetise the area around the eye. General anesthesia is used in certain situations e.g. in small children.

How soon after surgery will I see clearly?

You may be able to see better almost immediately following the surgery, although most patients experience clear vision after two or three days. Recovery depends on various factors including any associated eye diseases and general health of the patient.

What are the precautions i must take after cataract surgery?

Use medications as prescribed by your eye surgeon. Wearing dark glasses for a few days to protect the eyes from dust and bright light

Will I need glasses after cataract surgery?

You may need to wear glasses to fine-tune your vision for distance and near. While multifocal lenses reduce your dependence on glasses, people who get mono-focal lenses will need glasses for near vision.

When can I get my second eye operated?

Usually both eye surgeries are not done together. If the recovery of first eye is good, the second eye can be operated even on the next day of operating upon the first eye. It is as per the comfort of the patient and the doctor.

Where should I get my surgery done from?

Cataract surgery should be done at a centre which offers the latest technology combined with safety and expertise of the cataract surgeon. A complete eye care centre which provides comprehensive eye care facilities for intra-operative and post-operative care and follow up is ideal.

We go the distance for our patients.
So that they don't have to.

Centre for Sight is the largest chain
of eye care centres in North India.



CENTRE FOR SIGHT
Every eye deserves the best