



Full Eye Care

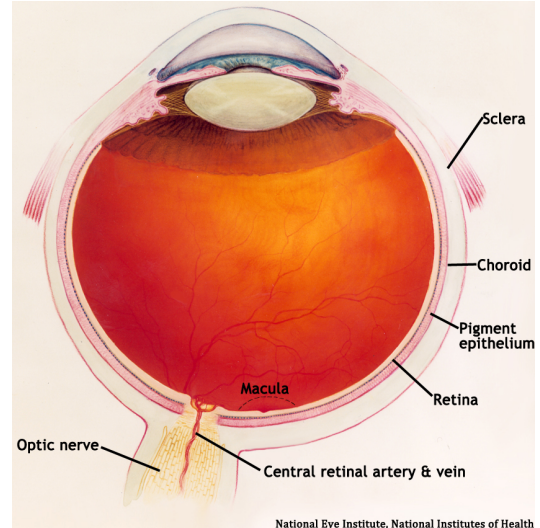
**Dr, Zahra Ali, MD, Board Certified Ophthalmologist
and Associates**

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A GUIDE TO CATARACT SURGERY

1 WHAT IS A CATARACT?

A cataract is a clouding of the natural lens in the eye. When you are born, the lens is clear, and at age 40, normal lens proteins begin to break down. This is a very slow process, and usually, people do not need surgery until well after age 60. Factors that can accelerate the rate of cataract development include diabetes, use of steroids, and trauma to the eye.



2 WHEN DO I KNOW CATARACT SURGERY IS RIGHT FOR ME?

Common symptoms of cataract surgery include glare while driving at night, trouble reading small print and filling out forms even with proper lighting and up to date glasses, and trouble doing fine tasks such as baiting a fish hook and threading a needle.

Dr. Ali will examine your entire eye health to determine if cataract surgery is best for you and will likely result in an improvement in vision.

Cataract surgery will not improve vision lost due to diabetic retinopathy, glaucoma, macular degeneration.

3 WHAT DOES CATARACT SURGERY INVOLVE?

Pre-operatively, every patient needs to get specialized testing done in the office. These measurements allow Dr. Ali to implant the best choice lens for your eye.

The pre-operative visit also requires going through your list of medications and discussing eye drops that you will need to use before and after surgery to ensure optimal healing after your surgery.

Cataract surgery is performed in an outpatient surgery center with the patient awake under mild sedation.

available online at www.fulleyecare.com



A small, 2.4mm incision is made, and the cataract is removed using ultrasound energy (phacoemulsification). A new lens is implanted in the same space the previous lens was located (within the posterior capsule)

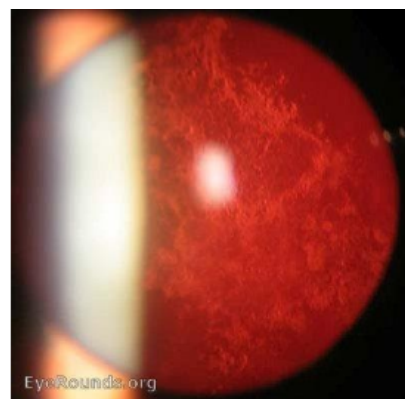
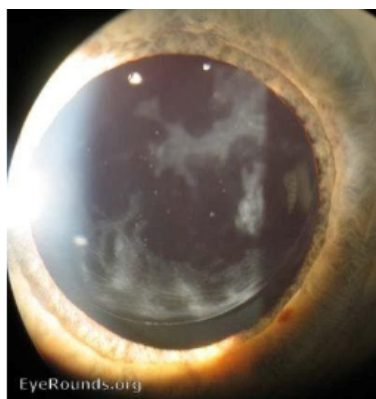
4 WHAT ARE THE RISKS OF CATARACT SURGERY?

Dr. Ali will talk to you at length about risks and benefits of surgery. Risks include

- Weakness or tear in the posterior capsule requiring placement of the new intraocular lens in a different space than planned - this may require a longer surgery or a second surgery (risk of posterior capsular tear is 1/100)
- Vision loss due to infection in the eye (the risk of infection in the eye 1/2500)

5 CAN THE CATARACT COME BACK AFTER SURGERY?

Microscopic lens cells can proliferate (similar to how skin cells proliferate to create scar tissue on a wound) and opacify the posterior capsule. This can cause symptoms of cataract to recur. This happens in about 20-50% of eyes that have undergone surgery anywhere from 3 months to many, many years after surgery.



You can see the opacification of the membrane behind the lens, the posterior capsule. Photo credit: www.eyerounds.org

For more information, please visit:

<https://www.aao.org/eye-health/diseases/what-are-cataracts>

<https://www.aao.org/eye-health/diseases/what-is-cataract-surgery>

Pershing, S, et al. Risk of Endophthalmitis After Cataract Surgery. A Report from the Intelligent Research in Sight Registry, 2013 – 2017.

[https://www.aajournal.org/article/S0161-6420\(19\)31957-8/fulltext](https://www.aajournal.org/article/S0161-6420(19)31957-8/fulltext)