



ANGELEYES[™]
Institute of Ophthalmology



Guide to Decision Making in Cataract Surgery for Excellent Results

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Modern cataract surgery is one of the safest and most successful forms of surgery. It requires a very short hospital stay and is generally performed under local or topical anaesthesia. The patient is awake during surgery but does not feel any discomfort or pain. Patients are ambulatory immediately after surgery and are discharged on the same day. Great strides have been made in phacoemulsification technology. All advanced top-of-the-line phacoemulsification machines currently available have the capability to deliver 'Cold Phaco' which has the advantage of significantly reducing the ultrasonic energy to break up the cataract resulting in safer surgery and less damage to the eye, resulting in crystal clear corneas after surgery and faster visual recovery even in hard cataracts.

Though Cataract Surgery is the commonest and most successful surgery being done world-wide today, however, there are many myths which are still associated with this procedure which may stand in the way of successful treatment. Also, having a wide array of IOLs may at times confuse the patient as to what implant they should finally go in for. To avoid these myths and confusions and to arrive at a sound decision, let us understand the facts associated with this surgery.



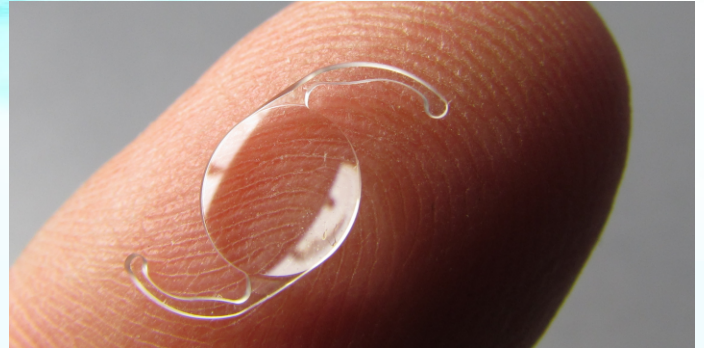
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Types of Intra-Ocular Lens Implant (IOL) used in Cataract Surgery:

Based on what vision is provided, the IOL can be:

- **Mono-focal IOL:** These have a focal length set for either far or near. Usually, far vision is preferred and no glasses are needed for distance. Near vision requires glasses.
- **Multi-focal (Bi-focal) IOL:** This gives both far and near vision. Though, for very fine near work low power near glasses may be needed.
- **Tri-focal IOL:** This IOL takes care of distance, near as well as intermediate vision.



Types of IOL based on basic property: IOL can be Non-Foldable or Foldable

Most commonly used are the posterior chamber lens. Broadly there are 2 categories:

1) Non-Foldable IOL:

- Made of hard plastic material (PMMA), does not fold, lens size is smaller than ideal requirement.
- Implanted through a incision of at least 6 mm.
- The healing time is prolonged.
- The chances of infection become higher.
- The chances of induced astigmatism become higher with bigger incision.

2) Foldable IOL:

- Foldable IOL is made up of soft Acrylic material which is more bio-compatible.
- Needs very small incision for insertion in the eye. Usually the incision size is 2.8 mm or less.
- The chances of induced astigmatism become much less due to much smaller incision.
- Very short healing time upto 4-5 days only.
- Chances of infection are minimal.



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How to ensure best visual outcome of your cataract surgery?

Choosing the right IOL for yourself:

The following factors should be considered when choosing an IOL:

- **Con-current medical diseases:** All those suffering from diabetes, high blood pressure etc will require retina check-up and treatments in the future. So getting a bigger, foldable lens is better. All those suffering from chronic inflammatory diseases, diabetes should opt for heparin coated lens which reduces the chance of inflammation in the post-operative period.
- **Your Life-Style:** If you need to get back to your normal daily routine or your work place fast then opt for a foldable lens where the incision size is very small. Smaller the incision, faster is the healing helping you regain your vision fast and letting you get back to your routine. Also, depending upon your life-style, reading and driving routine, ask your doctor if you are fit for multifocal and/or toric IOL.
- **Your budget:** As there is a wide price range of the available IOLs, you need to decide realistically what IOL you can opt for. Discuss with the surgical counsellor who will guide you to the best choice keeping all the above factors in mind.



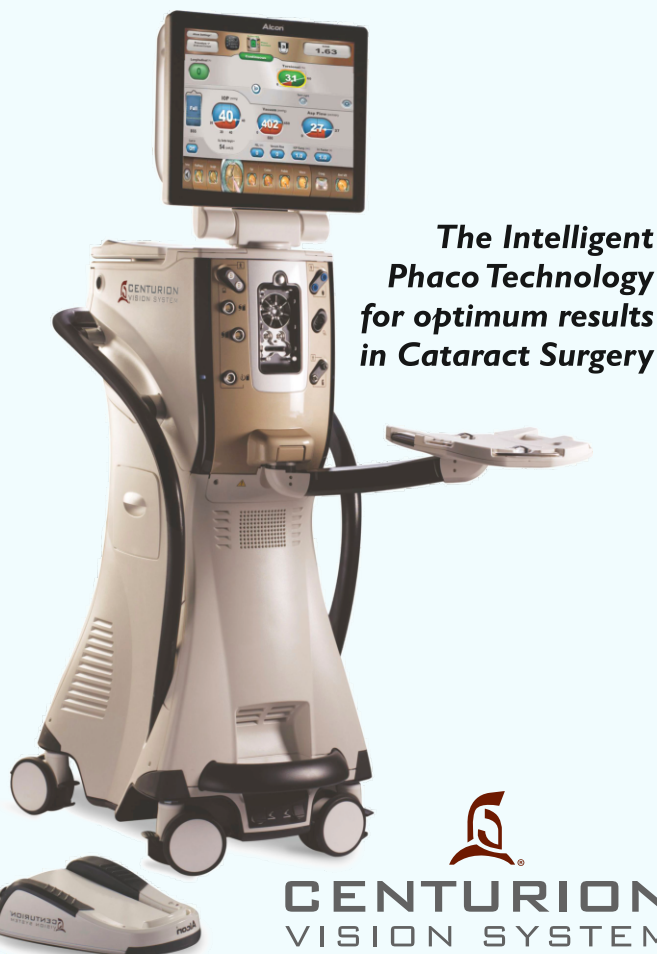


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How to ensure best visual outcome of your cataract surgery?

Choosing the right surgical team:

The most important factor which will affect your surgical outcome is the right surgical team. Apart from the experience in using an advanced phacoemulsification system and implanting any specific premium IOL, transparency in your complete treatment is imperative to ensure the best visual outcome. Only an honest and experienced surgeon can ascertain proper fitness for any surgical procedure.



Choosing the right surgical facility:

Always choose a surgical facility that has advanced surgical equipments in a clean and comfortable hospital set up. The surgical procedures on advanced equipments go a long way in ensuring accurate results and fast healing. Also, any surgical facility which has more number of sub-specialities under one roof will be better equipped to deal with any unforeseen circumstances during or after the surgery.

Choosing the right time for surgery:

Cataract surgery can be performed as soon as the patient feels handicapped in performing routine activities at work and leisure. It is not advisable to wait for the cataract to mature as unnecessary delay can make surgery difficult and prone to complications. Modern cataract surgery can be performed successfully in any season including summers and the rainy season.



Attributes of a Premium IOL used in Phacoemulsification Cataract Surgery at Angel Eyes

Basic Premium IOL:

1. The IOL should be made from good quality bio-compatible **acrylic/silicone** material.
2. The IOL should be **big** in size to prevent the problem of glare at night.
3. A big size lens will need to be **foldable** if it is to be implanted through the small incision made during Phacoemulsification surgery.
4. The shape of the IOL should not be spherical (i.e. totally circular from centre to edge). This will give rise to distorted vision at the edges. The better IOLs today are **aspherical** in shape i.e. spherical in centre and slightly flattened at the edges.
5. The whole of IOL should have **same power** throughout the lens.
6. The IOL should be able to **block the harmful UV rays** present in the sunlight.
7. The design of the edges of the premium IOL should be such as to **prevent or decrease** the chances of developing 'after cataract' (thickening of posterior capsule of natural lens).

Advanced Premium IOL:

These lenses in addition to the above qualities will have certain other features which make them still better -

1. The IOL should be **aberration free**. During the manufacturing process, an IOL may develop aberrations which are very minute defects in the IOL. The presence of these aberrations leads to a significant drop in the quality of vision. As the manufacturing process becomes more and more advanced the amount of these aberrations go on decreasing. The more advanced variety of IOL are virtually aberration free giving vision which is extremely superior quality.
2. An important element of our vision is the feature of **contrast sensitivity**. This is the ability of our eyes to see in dim light. It is with the help of this feature that we are able to discern things at night especially when the light condition is less than optimum. The lesser priced IOL usually do not preserve this function well. It is the more advanced IOL that will preserve this function of eye to the maximum.
3. Another important feature of our vision is our capability for **depth perception**. This is a very important feature of our vision as it helps to get a perception of how everything is placed near us in reference to our position. A small task like moving up or down the stairs will become extremely difficult without this ability. Depth perception is an absolute must for those wanting to drive any vehicle. All the more advanced IOL will preserve our depth perception.



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Most Advanced Premium IOL:

The most advanced IOL will have the following qualities in addition to all those given before:

1. These IOL are not only themselves free of spherical aberrations but can also **correct some of the higher order spherical aberrations** present naturally in the eye. These higher order spherical aberrations are present to some variable extent in all of us and are responsible for the glare we normally have. Also, they may cause less than optimum vision by being in the optical pathway.

2. These IOL have a **yellow chromophore** which gives it a natural yellow tint, which is very close to our natural lens. This chromophore will give a more natural colour to everything we see after the surgery just like normal vision.

3. Some of these IOLs are made to be **glistening free**. Many IOLs after a few years may develop small vacuoles which causes vision to deteriorate. Glistening free IOL do not develop any vacuoles even after a long period post surgery.

4. Some IOL have also been developed which are **Heparin coated**. This decreases the chance of post-operative inflammation which helps faster healing. This is specially helpful for diabetics, patients with chronic inflammatory conditions.



*Endless
Possibilities of
Superior Vision*





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Why Choose Angel Eyes Institute of Ophthalmology?

It all begins with a firm commitment to you, the patient. Through adherence to the highest standards of quality and a dedication to patient satisfaction, we provide state-of-the-art care in a warm and comfortable atmosphere. Angel Eyes is one of the premier eye centres with over 20 years of experience in Eastern U.P. Our experienced eye doctors have helped thousands of people enjoy better vision and have introduced breakthrough technologies to this ent

Experience

As an educated consumer, it makes sense to seek experienced providers for all of your medical care. Having performed more than 20000 eye surgeries in different subspecialities, the team of skilled surgeon at Angel Eyes provides an exceptional level of expertise. All our surgeons have undergone various trainings and fellowships at the best of institutes to provide an all comprehensive care for all your visual needs.

Technology.

When it comes to getting a job done, a part of being the best person for the job is having the right tools. Angel Eyes has a rich history of investing heavily in the most cutting-edge diagnostic and treatment technologies available in ophthalmology. By staying on the forefront of technological advances, we can ensure patients receive the latest and the most effective treatment available.

Honesty and Integrity

Much of the success of vision correction surgery depends not just on the technology used and the skill of the surgeon but also on the proper patient selection for each respective procedure. At Angel Eyes we know this to be true and we are careful to select appropriate procedures for each patient. We are frank and upfront any time that we find a person's eyes are not well suited to a particular procedure. Whenever appropriate we will advise you of another method of vision improvement that we can provide.



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Why Choose Angel Eyes Institute of Ophthalmology? (Contd.)

We will not recommend any surgery unless we are confident that we can achieve the outcome that you desire and that the respective procedure can achieve.

Commitment

Angel Eyes is dedicated to furnishing comprehensive information to assist patients in making informed decisions. That's not just a marketing slogan, but a commitment that drives our team each day. From your initial consultation, through your pre-operative, surgical and post-operative care, there are no surprises. You will know what to expect every step of the way. We are committed to maximizing your vision and protecting the health of your eyes.

Trust

We are always pleased to see a large percentage of our new patients being referred by patients who have shared their positive experience with family, friends and colleagues. We think that says more about our commitment to patient care than any brochure. With so many former patients sending us their loved ones, you can be sure that Angel Eyes Institute of Ophthalmology is a name you can trust.

Personalized Care

At Angel Eyes, our focus is on creating an unparalleled patient experience. Our priority is not simply to care only for your eyes but to care for you as a whole. Because each person's individual needs as well as medical status is unique, all our treatments are tailored so as to give you the best results.

Team

We are proud of the dedicated team of professionals that we have assembled right from our doctors to our highly trained ophthalmic technicians to our supporting back-office staff. We place great emphasis on continuing development and nurturing of our organization's culture in accordance with our mission and vision. We enjoy working with people who love what they do as much as we do. The whole team at Angel Eyes takes pride in the fact that we all work with a higher purpose of caring for all sections of society without any bias or discrimination.

These are just a few of the reasons why you should choose us for your eye care needs. We look forward to meeting you in person!



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Keeping Right Expectations from Your Surgery:

One of the keystones of satisfied patient is keeping the right expectations from your cataract surgery. We recommend discussing the exact status of your eyes and retina (if examination is possible through cloudy lens) and how much vision is expected to be gained. Take your time to discuss and decide about the lens implant. Please remember, no two eyes are same and every eye will behave differently. Despite best of technology and expertise, no one can actually guarantee in medical science. For your sake, steer clear of those who use the word guarantee in any treatment. We treat to the best of our abilities and hope for an optimum result.

Getting Cataract Surgery done at Angel Eyes:

For getting Cataract or any other surgery done at Angel Eyes, please contact us on the following numbers:

- Surgery Co-ordinator: 7906656121
- Surgery Counsellor: 9918516969
- Reception: 9935743880, 9235911111

The content given here is for your general information only. The information contained here may change at times. Please do not hesitate to contact us for further details and clarifications.

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