



مركز كليمنصو الطبي
CLEMENCEAU MEDICAL CENTER

AFFILIATED WITH **JOHNS HOPKINS** INTERNATIONAL



Cataract Surgery



A cataract occurs when the lens of the eye becomes cloudy so that it can no longer focus the real-world images. Patients with cataracts see the world as very hazy, because light cannot pass freely through the lens to be focused on the back of the eye. The only way to remove a cataract is to remove the lens itself. An intraocular lens (or IOL) is a tiny, artificial lens for the eye. It replaces the eye's natural lens that is removed during cataract surgery.

This cataract surgery technique has many benefits. No hospital stay is needed, there is no pain, no injections are required, there is quick recovery and the vision after surgery is typically very good.

What are IOLs made of?

Most IOLs are made of silicone or acrylic. They are also coated with a special material to help protect your eyes from the sun's harmful **ultraviolet (UV) rays**.

- **Monofocal IOLs**

The most common type of lens used with cataract surgery is called monofocal IOL.

It has one focusing distance. It is set to focus for up close, medium range or distance vision.

Most people have them set for clear distance vision. Then they wear eyeglasses for reading or close work.

Some IOLs have different focusing powers within the same lens. These are called multifocal and accommodative lenses. These IOLs reduce your dependence on glasses by giving you clear vision for more than one set distance.

- **Multifocal IOLs**

These IOLs provide both distance and near focus at the same time. The lens has different zones set at different powers. It is designed so that your brain learns to select the right focus automatically.

- **Accommodative IOLs**

These lenses move or change shape inside your eye, allowing focusing at different distances.

- **Toric IOLs**

For people with astigmatism, there is an IOL called a toric lens. Astigmatism is a refractive error caused by an uneven curve in your cornea or lens. The toric lens is designed to correct that refractive error.

At home after cataract surgery

- ✓ Your eye may be sensitive to the touch and may be even a little scratchy for a few days. Be sure that you avoid rubbing it.
- ✓ If your doctor used an injection to numb your eye, you may have some bruising around the eye. This will typically go away in a few days.





DO	DO NOT
Use your eye drops on the schedule provided by your ophthalmologist.	Rub your eye or get anything in your eye, even water, which can increase the chance of infection
Resume light daily activities such as reading, writing, watching TV and walking.	Swim or use a hot tub, for at least 2 weeks
Keep physical activity light.	Drive for 24 hours after surgery.
Wear your protective eye covering while you sleep and avoid sleeping on the side that has been operated on.	Do any strenuous activity, especially bending and lifting anything 7 to 9 Kgs or more.
Bathe and shower with your eyes closed.	Wear any eye make-up until you consult with your ophthalmologist.

How long do the lens implants last?

The lenses are permanently implanted inside the eyes and do not need to be replaced over time. So yes, they last forever!

Can the cataracts grow back?

No. Once the cataracts are removed, they do not grow back. A small percentage of patients can develop clouding of the capsule that holds the lens implant in place, causing blurred vision months to years after cataract surgery. This clouding of the capsule, called posterior capsular opacity, or PCO, can be easily treated with an outpatient laser procedure.

How long does it take for the vision to recover after surgery?

While it takes the eyes a few weeks to completely heal from surgery, you can usually experience improvement in your vision within a few days to a week after surgery. Medication eye drops are used before and after surgery to help the eyes heal.