

NO SHOT, NO STITCH, NO PATCH CATARACT SURGERY

WHAT IS A CATARACT

A cataract occurs when the clear, transparent lens inside the eye becomes cloudy. The lens is located in the eye just behind the colored iris and pupil. A cataract is not a tumor or growth over the eye. The development of cataracts is a normal part of the aging process but can result from other conditions.



WHAT CAUSES CATARACTS?

The most common type of cataract is related to aging of the eye. Other causes include:

- family history
- medical problems, such as diabetes
- injury to the eye
- medications, especially steroids
- long term unprotected exposure to sunlight
- previous eye surgery

WHAT ARE THE SYMPTOMS?

Symptoms of cataracts range from a barely noticeable loss of vision to virtual blindness. The first symptoms may be difficulty in performing routine tasks. Common symptoms of cataracts include:

- painless blurring of vision
- glare, light sensitivity
- poor night vision
- double vision in one eye
- needing brighter light to read
- fading or yellowing of colors

HOW FAST DO CATARACTS DEVELOP?

How quickly the cataract develops varies among individuals and may even be different between the two eyes. Most age-related cataracts progress gradually over a period of years. Other cataracts, especially in younger patients and diabetics, progress rapidly over a few months, and vision deteriorates quickly. It is not possible to predict how fast cataracts will develop in any given patient.

HOW IS A CATARACT DETECTED?

By performing a thorough eye examination, your doctor can detect the presence of a cataract. A careful evaluation will help to rule out any other conditions that may be causing blurred vision or other eye problems.

HOW IS A CATARACT TREATED?

Surgery is the only effective way to remove a cataract. Over 1.4 million people have cataract surgery each year in the United States, and more than 95% of those surgeries are performed with no complications. However, surgery is not necessary just because a cataract is present. Symptoms may be mild and well tolerated. On the other hand, there is seldom a reason to delay surgery when vision impairs daily tasks such as working, reading, driving, watching TV, cooking, taking medications, and other daily activities. No medications, dietary supplements or exercises have been shown to prevent or cure cataracts. Protection from excessive sunlight may help slow the progression of cataracts. Sunglasses that screen out ultraviolet light rays or regular eyeglasses with UV coating offer this protection.

WHAT IS “NO STITCH” CATARACT SURGERY?

Modern cataract removal and intraocular lens implantation is performed in our facility dedicated especially to this purpose on an outpatient basis and usually only takes a few hours of your time from start to finish. Dr. Lehmann and Dr. Young perform this delicate surgery using a microscope,

miniature instruments and other modern technology. No shots are given but rather “topical,” or eye drop anesthesia, is used along with a small amount of IV sedation to relieve patient anxiety. You should not drive the day of your surgery. You will return home without an eye patch and return to normal physical activities such as bending and lifting. You will use prescription eye drops to guard against infection and to help your eye heal. Vision is often noted to improve within 24 hours of surgery.

WHAT ARE THE ADVANTAGES OF “NO STITCH” AND “NO SHOT” SURGERY?

- Safer and faster recovery, which gives you a quicker return to your normal lifestyle.
- Shorter surgery time, which reduces the chance of complications.
- Use of “eye drops” rather than “needles” for patient comfort.
- No suture irritation, because no stitches are used.
- No need to wear a patch the day of surgery.

- Less surgically-induced astigmatism for more stable vision.
- Better vision more rapidly.

WHAT CHOICES OF INTRAOCULAR LENS IMPLANTS DO I HAVE?

During cataract surgery, your surgeon will replace your natural lens with a permanent intraocular lens or IOL. Today there are multiple types of IOLs, each delivering a different performance profile based on how the lens is designed. A **standard** monofocal lens is a fixed lens that is designed to deliver improved vision at one distance (usually far). This lens is the standard chosen by many patients for its reliability and stability. The potential drawback is that after surgery, you may need to wear glasses for near vision. The second lens choice is called a **multifocal** lens. This lens uses multiple visual zones that are built into the lens itself to provide vision at varying distances, similar to having a bifocal lens or trifocal lens inside the eye. Some patients may have difficulty adjusting to seeing this way. They may notice glare and halos with nighttime

activities, and glasses may be needed for certain activities. In the clinical studies, patients were free of glasses 80% of the time. The third choice of lenses is an **accommodating** lens, a lens that relies on your eye structure to flex and move the lens to adjust the vision, allowing vision at distance and near. This lens has the same potential drawbacks as a multifocal lens, but your eye structure may not make it suitable as an option for you. Dr. Lehmann and Dr. Young will discuss your options with you, and help you to make the decision that is right for your lifestyle.

EXPERIENCE... THE DIFFERENCE!

Robert P. Lehmann, M.D., a nationally and internationally recognized teacher and lecturer of cataract implant surgery and refractive surgery, offers the most modern state-of-the-art techniques for treating cataracts.

Dr. Robert Lehmann and Dr. Timothy Young have provided specialized eye care for over 80,000 patients and would be honored to help in your care. Please call us with any questions or concerns.

For more information on cataracts, or to schedule an appointment, call

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