BUNBURY & BUSSELTON EYE SPECIALISTS

PATIENT INFO AND ADVICE

Cataract

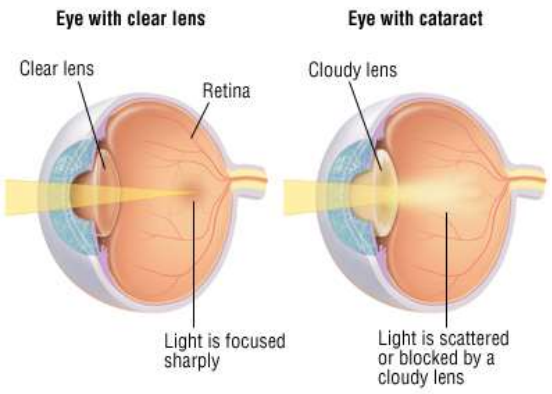
What is a cataract?

A cataract is a clouding of the normally clear lens of the eye.

Common symptoms of cataract include:

A painless blurring of vision
Glare, or light sensitivity
Poor night vision
Double vision in one eye
Needing brighter light to read
Fading or yellowing of colours.

By performing a thorough eye examination, your ophthalmologist can detect the presence of a cataract. And rule out other possible causes of your symptoms



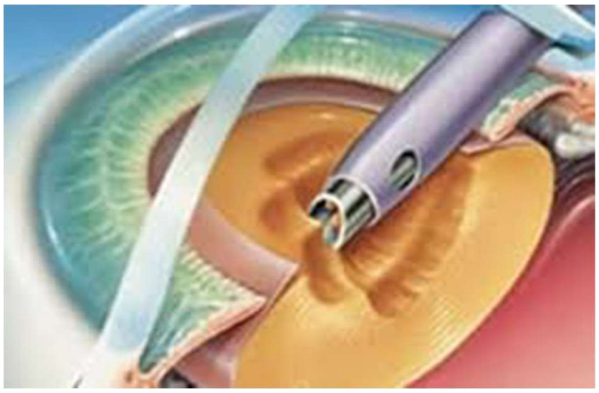
What causes cataract?

The most common type of cataract is related to aging of the eye.

Other causes of cataract include: Family history; Medical problems, such as diabetes; Injury to the eye; Medications, especially steroids; Radiation; Long-term, unprotected exposure to sunlight; Previous eye surgery; Unknown factors.

How quickly the cataract develops varies among individuals and may even be different between two eyes. Most age related cataracts progress gradually over a period of years. Other cataracts, especially in younger people and people with diabetes, may progress rapidly over a short time. It is not possible to predict exactly how fast cataracts will develop in any given person.

How is a cataract treated?



Surgery is the only way a cataract can be removed.

However, if symptoms of cataract are not bothering you very much, surgery may not be needed. Sometimes a simple change in your eyeglass prescription may be helpful. Surgery should be considered when cataracts cause enough loss of vision to interfere with your daily activities, particularly driving.

Protection from excessive sunlight may help slow the progression of cataracts. Sunglasses that screen out ultraviolet (UV) light rays or regular eyeglasses with a clear, anti-UV coating offer this protection.

What can I expect from cataract surgery?

More than 98% of cataract surgeries performed have no complications.

During cataract surgery, which is usually performed under local or topical anaesthesia as a day case, the cloudy lens is removed from the eye. The focusing power of the natural lens is restored by replacing it with a permanent intraocular lens implant.

After surgery you will need to take drops
Maxidex 0.1% four times a day for two weeks, then twice a day for two weeks
Chlorsig 0.5 % four times a day for two weeks.

Cataract surgery is a highly successful procedure. Improved vision is the result in more than 98% of cases, unless there is a problem with the cornea, retina, optic nerve or other structures. It is important to understand that complications can occur during or after cataract surgery, your ophthalmologist will want to hear from you immediately.

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