

Cataracts are a common vision problem plaguing many adults, especially as they get older. Typically caused by aging, eye injuries, or inherited genetic disorders, eye cataracts are the progressive clouding of the eye's natural lens. Cataract symptoms include blurry or cloudy vision, glares or halos around lights, and double vision. The only way to correct cataracts is to remove them through cataract surgery and replace the eye's lens with an intraocular lens (IOL).

HOW COMMON IS CATARACT SURGERY IN THE UNITED STATES?

Cataract surgery is considered an outpatient procedure and is one of the safest, and most effective, vision surgeries available. Roughly half the U.S. population over the age of seventy-five will develop cataracts impacting their vision, making it one of the most widely performed surgeries in the United States every year. Most cataract surgeries do not experience any complications and may be completed in about fifteen minutes.

WHAT HAPPENS DURING CATARACT EYE SURGERY?

During cataract eye surgery, a surgeon will use a blade to create the incisions necessary to remove the clouded eye lens and replace it with a clear artificial lens. Small incisions are made along the side of your eye's cornea while a laser carefully breaks apart the cloudy lens. Suction is used to remove these lens fragments from your eye. The surgeon inserts the IOL behind your eye's pupil, making sure your iris (the colored part of your eye) lines up in the same position relative to your natural lens.

WHAT SHOULD I EXPECT DURING CATARACT SURGERY RECOVERY?

Cataract surgery incisions are self-healing without any stitches. You may be given a prescription for antibiotic eye



drops to reduce the risk of infection or oral pain medications to help with any discomfort. Complications from cataract surgery are rare but may include bleeding, swelling, inflammation, infection, drooping eyelids, retinal detachment, glaucoma, secondary cataracts, or vision loss. Always consult your eye doctor when making informed decisions about your vision care.

HOW SHOULD I PREPARE FOR A CATARACT EYE SURGERY PROCEDURE?

Before your cataract eye surgery, your eye doctor will perform a comprehensive eye exam to evaluate your eye health and determine if anything could prevent you from having surgery. They will also measure your eye's size and shape at this time. This allows them to select the best type of intraocular lens to use for your implant. Intraocular lenses look and feel natural and do not require any special care. Practices offer a range of IOL implants for you to choose from, including multifocal lenses, and toric or astigmatism lenses. Because insurance companies may not pay for all available types, your doctor will help you select the IOL that works best for your budget and lifestyle.

You'll be asked to refrain from eating or drinking anything for at least twelve

hours before your cataract surgery. You may also need to stop taking certain medications that could increase your risk of bleeding during surgery. Because your vision may be blurry or distorted after surgery, you'll need someone to drive you home. Most patients rest after cataract surgery but can resume normal activities within a few days. However, every individual heals differently. Your doctor will give you post-op instructions to ensure your cataract surgery recovery goes smoothly.

A few practices in Southwest Florida use LenSx® Femtosecond Cataract Laser Surgery for an optimized cataract surgery experience. Using this FDA-approved cataract laser allows them to make more precise and accurate incisions. The results are fewer complications from cataract surgery. According to the American Society of Cataract and Refractive Surgery, 98% of patients see successful results from cataract eye surgery.

EXPLORE CATARACT SURGERY COSTS AND BENEFITS DURING A CONSULTATION

If you're interested in exploring the option of cataract surgery at one of the top-rated Southwest Florida eye surgery centers, then contact one of our offices or visit www.sneadeye.com.



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