Cataract Surgery

Why should I have my cataract surgery done in SNEC?

We emphasise Quality and Quantity
- Our ophthalmologists are well-trained and have gone through strict and lengthy guided training.
- We also handle complicated cataract surgery encountered in children, after trauma and in a variety of congenital and medical conditions.
- We have experienced paramedical staff to perform eye measurements which are crucial in obtaining good outcomes after cataract surgery.

We emphasise Safety
- We ensure safety through strict training of ophthalmologists.
- We keep ourselves updated by constantly carrying out research and trials to evaluate what is suitable for our patients.
- We are strict and diligent in preventing infection.
- We keep track of our performances and results.

Intraocular Lenses (Properties and benefits)

<table>
<thead>
<tr>
<th></th>
<th>Monofocal IOL</th>
<th>Multifocal IOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distance vision</td>
<td>• Excellent</td>
<td>• Good</td>
</tr>
<tr>
<td></td>
<td>(if refractive error is fully corrected)</td>
<td></td>
</tr>
<tr>
<td>Intermediate vision</td>
<td>• Poor</td>
<td>• Good in bright light</td>
</tr>
<tr>
<td>Near vision</td>
<td>• Poor without reading glasses</td>
<td>• Good in bright light</td>
</tr>
<tr>
<td>Benefits</td>
<td>• Excellent quality distance vision</td>
<td>• Good distance and near vision</td>
</tr>
<tr>
<td></td>
<td>distance vision</td>
<td>• Less spectacle dependence</td>
</tr>
<tr>
<td>Who may be suitable</td>
<td>• All</td>
<td>• Spectacle independence for distance and reading is important</td>
</tr>
<tr>
<td></td>
<td>• Spectacle independence is not a priority</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Do not mind wearing reading glasses</td>
<td>• Night driving visual quality is less a priority</td>
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Cataract surgery is a procedure used to treat cataracts that are affecting your daily activities. It is the main surgery performed at the Singapore National Eye Centre.

**How is cataract surgery performed?**

In cataract surgery, the cloudy lens is removed and replaced with an artificial intraocular lens implant. The most common technique used to remove a cataract is phacoemulsification.

**In phacoemulsification:**
- A small opening between 1.8mm and 2.75mm is first created on the cornea.
- An ultrasonic device is then introduced through this opening into the eye. This device breaks the cloudy lens up into small pieces and facilitates removal from the eye.
- After the cataract lens is entirely removed, an artificial intraocular lens implant is inserted to the same position.
- Most of the time, the wound does not require any stitching.

**Types of intraocular lenses (IOLs):**

**Standard Monofocal Lenses**
- Most commonly implanted lenses, with equal power in all regions of the lens.
- Provide good overall vision at a specific distance.
- Reading glasses will most likely be required.

Monofocal lenses are suitable for people who are comfortable wearing reading glasses.

**Multifocal Lenses**
- Provide good distance and near vision without glasses.
- Highly convenient as both near and intermediate vision for fixed distances can be clearer using these lenses.

**Advanced Monofocal Lenses**
- Aspheric lenses - Provide sharper, better quality vision than standard monofocal lenses.
- Toric lenses - Reduce astigmatism for people with high astigmatism.

Advanced monofocal lenses are suitable for people who:
- Desire better quality vision.
- Do not mind wearing reading glasses for near tasks like reading or writing.

For best results, this lens should be used in both eyes.

Multifocal lenses are suitable for people who want to reduce their dependence on glasses for far and near vision. People with high astigmatism will need multifocal toric lenses which are effective in reducing astigmatism.

**Which type of intraocular lens is right for me?**

If you are considering cataract surgery to replace the lens in your eye, you may discuss with your ophthalmologist regarding the type of intraocular lens that works best for you.

Your intraocular lens will determine how well you can see after cataract surgery, which can dramatically impact your quality of life.

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Monofocal lens

**Aspheric lens**

**Toric lens**

**Multifocal lens**

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