

CATARACT
SURGERY

A CLOSER LOOK:
**CATARACT
SURGERY**



Tomorrow's Eye Care, Today[®]



Singapore National
Eye Centre

SingHealth

Cataract Surgery

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.

- This method of cataract surgery takes less than 30 minutes.
- This is a day surgery procedure hence there is no need to stay overnight in the hospital.
- An anaesthetist is with you during surgery to provide sedation to make you feel comfortable and relaxed during the surgery. Depending on the individual, you may not be totally asleep during surgery, however, you will remain comfortable. Anaesthetic eye drops and injections will be given to keep pain to a minimum. It is important to cooperate by not talking or moving your head and body during the surgery.

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.

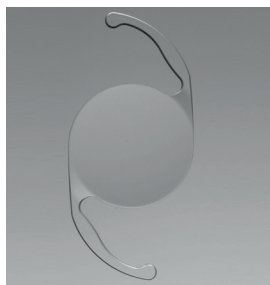
Your intraocular lens will determine how well you can see after cataract surgery, which can dramatically impact your quality of life.

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.



Monofocal lens

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.



Aspheric lens



Toric lens

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.

- However, some people may find it difficult to read fine print, especially in dim light and may experience glare and haloes.
- For best results, this lens should be used in both eyes.



Multifocal lens

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.

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)

	Monofocal
Distance vision	<ul style="list-style-type: none">• Excellent (if refractive error corrected)
Intermediate vision	<ul style="list-style-type: none">• Poor
Near vision	<ul style="list-style-type: none">• Poor without reading glasses
Benefits	<ul style="list-style-type: none">• Excellent quality vision
Who may be suitable	<ul style="list-style-type: none">• All• Spectacle independence not a priority• Do not mind wearing glasses

Single Vision IOL	Multifocal IOL
Vision is fully corrected	<ul style="list-style-type: none"> • Good
Distance vision	<ul style="list-style-type: none"> • Good in bright light
Near vision (reading glasses)	<ul style="list-style-type: none"> • Good in bright light
Distance and near vision	<ul style="list-style-type: none"> • Good distance and near vision • Less spectacle dependence
Spectacle dependence is reduced (not eliminating reading glasses)	<ul style="list-style-type: none"> • Spectacle independence for distance and reading is important • Night driving visual quality is less a priority

LOCATION MAP



Legend

MRT Station

Taxi Stand

East West Line

North East Line

Shuttle Bus Service
Mon to Fri (8.00am - 7.00pm)
Sat (8.00am - 2.00pm)

Opp Outram Park Stn
Bus No. 33, 63, 75, 121,
122, 174, 174e, 851, 970

Outram Park Stn Exit F
Bus No. 61, 124, 143, 147,
147e, 166, 197, 961, 961C

Outram Park Stn/Outram Rd
Bus No. 33, 63, 75, 121, 122, 174,
174e, 534, 535, 549, 761, 851, 970

This patient information leaflet is a general guide to help patients understand specific eye conditions, treatment or tests. The information does not replace the need for individual advice from an ophthalmologist. Please consult with your ophthalmologist about your specific eye condition and/or concerns.

The contents of this leaflet are not to be produced in any form without the prior permission of the Singapore National Eye Centre.

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