

What is a cataract?

Cataract is clouding of the crystalline lens of the eye, causing vision loss that cannot be corrected with glasses. Normally, the crystalline lens is transparent and the loss in the transparency is a normal aging process. Cataracts most often start to cause a noticeable difference in vision after 60 years of age. However, many factors can cause cataract besides age. These factors include eye trauma, infection, previous eye surgery and certain medications. Rarely, an infant is born with cataracts. Cataract surgery is a procedure to remove the lens from your eye and in most cases, replace it with an artificial lens.

When do you need a cataract surgery?

Cataracts can cause blurry vision and increase the glare from lights. However not all cataracts need an operation and sometimes glasses will improve the vision. If cataract makes it difficult for you to carry out your normal activities, you may need cataract surgery. When a cataract interferes with the treatment of another eye problem, cataract surgery may be recommended. For example, doctors may recommend cataract surgery if cataract makes it difficult for your eye doctor to examine the back of your eye to monitor or treat other eye problems, such as age-related macular degeneration or diabetic retinopathy.

Making the lens choice

A variety of intraocular lenses (IOLs) with different features are available. Some of the types of lenses available include:

Fixed-focus monofocal: This type of lens has a single focus strength for distance vision. Reading will generally require the use of reading glasses.

Multifocal: These lenses are similar to glasses with bifocal or progressive lenses. Different areas of the lens have different focusing strengths, allowing for near, medium and far vision.

Astigmatism correction (toric): If you have a significant astigmatism, a toric lens can help correct your vision.

For most people, the monofocal implant is a good choice. It provides the best contrast vision, so it's good for driving and most other activities. It's also a good choice for people who have cataract surgery when they are relatively young, because contrast vision is likely to diminish with age. However, many people who have monofocal lens implants still need glasses for reading or distance. Multifocal lenses may be a good choice if you do lots of close work, don't want to use glasses, and accept less visual clarity as a trade-off.

Where are we at cataract surgery?

We have a lot of experience with cataract surgery in Health Sciences University, Fatih Sultan Mehmet Training and Research Hospital, Department Of Ophthalmology in İstanbul. At our clinic, we use the most modern technologies that are used worldwide to provide even greater comfort and safety for the patients. We have successfully performed so many surgeries, which demonstrates the obvious trust of our patients. Our patients appreciate the excellent results. Thankfully, modern cataract surgery is one of the safest and most effective surgical procedures performed today. Cataract surgery is performed on an outpatient basis, which means you don't have to stay in the hospital after the surgery in most cases.