



*Your Vision Matters*

# CATARACT

## THE CLOUDY LENS



“ Nearly half of those over **60 years** have some **Cataract** formation ”



● Normal Eye

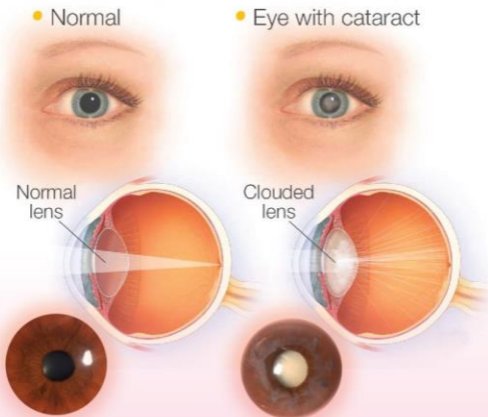


● Cataract Eye

# What is **Cataract?**

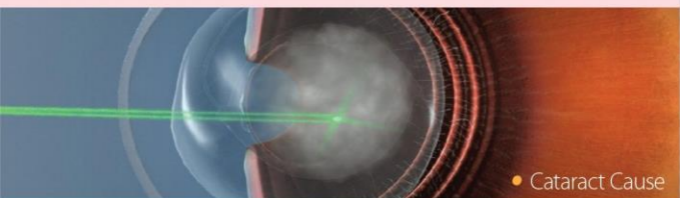
Cataract happens when the normally clear lens within the eye becomes cloudy & opaque.

Your vision becomes blurred or dim because light cannot pass through the clouded lens to the back of the eye. Early signs include night glare and fluctuating spectacle power.



## What causes **Cataract?**

- 👁️ Develops as people get older (Senile Cataract)
- 👁️ Secondary to an injury (Traumatic Cataract)
- 👁️ Certain drugs (Steroid Induced)
- 👁️ Long standing inflammation (Complicated Cataract)
- 👁️ Medical conditions such as diabetes
- 👁️ Congenital (present at birth)



# Signs and Symptoms?

- Blurring or clouding of vision
- Seeing double or multiple images
- Difficulty reading small prints
- Sensitivity to bright light/glaring
- Poor night vision
- Less vivid perception of colour  
(not as bright as before & more yellowish tinge)
- Difficulty performing normal tasks
- Frequent changes in your eyeglasses or contact lenses.

• Normal      • Cataract



## How to detect Cataract?

- Ocular examination with an eye specialist (Ophthalmologist)

## Treatment

Surgery-to replace the cataract with an intra-ocular lens when vision disturbs a patient's normal daily activities.

## Is cataract Surgery Effective?



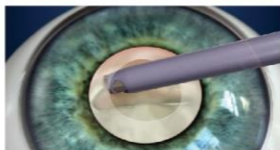
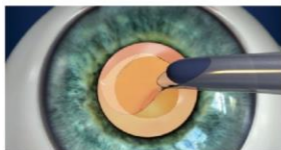
• IOL

Cataract removal is one of the most common operations. It is also one of the safest and most effective types of surgery.

Once the cataract (which is the normal lens) is removed, an intra ocular lens (IOL) is inserted. In the majority of cases, cataract surgery is done under local anesthetic, however the option to do under general anaesthesia is available. An accurately calculated IOL can result in the patient being spectacle-free after the operation, requires no care and becomes a permanent part of your eye. More advanced lenses such as tri-focal and toric will enable patients to even read without the use of spectacles.

# How is **Cataract Removed?**

There are two primary ways to remove a cataract:



## 👁️ **Phacoemulsification or phaco.**

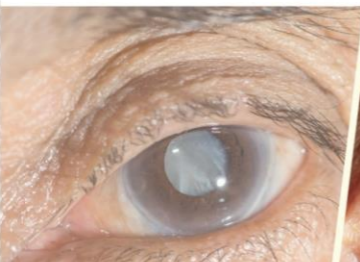
A small incision is made on the side of the cornea. The doctor then inserts a tiny probe into the eye. This device emits ultrasound waves that soften and break up the cloudy center of the lens so it can be removed by suction. Then an intraocular implant is inserted.

## 👁️ **Extracapsular Cataract Extraction (ECCE).**

A slightly longer incision is made on the side of the cornea and the hard center of the lens is removed. The remainder of the lens is removed by suction. Then an intraocular implant or lens is inserted. The wound is closed with microscopic sutures.

# What happens **Before Surgery?**

Some tests will be done. These may include tests to measure the curve of the cornea, the size and the shape of the eye and choose the right type of IOL. Your doctor may ask you not to eat or drink anything after midnight, the morning of your surgery, (if operation is done under GA).



..... **Dense Cataract**

..... **Early cataract**

What happens on

# **Surgery Day?**

When you enter hospital, you will be given eye drops to dilate the pupil. The area around your eye will be washed and cleaned. The operation usually lasts less than 1 hour and is almost painless. You will have an anesthetic to numb the nerves in and around your eye.

What happens

# **After Surgery?**

Our sight will usually improve within a few days, although complete healing may take up to a month.

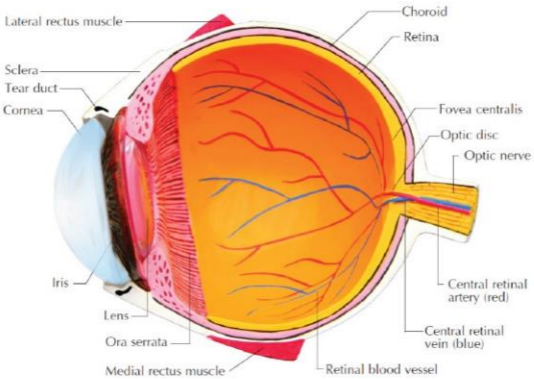
- Avoid rubbing or squeezing your eye; wear an eye shield when sleeping.
- Avoid strenuous activities especially lifting and bending over.
- If there is much secretion, wipe the lids with cotton, avoid exerting pressure on the eyeball.
- Drops will be given to use in your eye. Follow the directions and get a fresh supply when the drops are finished.
- May watch television and read.
- May go outdoors for a short walk or drive.
- Shield eye from bright sunlight with sunglasses.
- Wash your hair leaning backwards rather than forwards, two weeks after surgery.
- If there is severe pain, please contact the doctor.
- New glasses are usually prescribed four to eight weeks after the operation You can do light housework or cooking.
- How long you are off work will depend on the job you do.







# The Human Eye



## LOCATION MAP



### Address:

**The Tun Hussein Onn National Eye Hospital**  
 Lot 2, Lorong Utara B, 46200 Petaling Jaya,  
 Selangor Darul Ehsan, Malaysia.

### Operating Hours:

**Monday to Friday: 8.30AM - 5.00PM**  
**Saturday: 8.30AM - 1.00PM**  
 Closed on Sunday & Public Holiday  
 \*\* 24-hour emergency eye clinic available \*\*

### Contact Us:

**+6 03-7718 1588 (For appointment)**  
**+6 03-7718 1488 (24-hour hotline)**



[enquiry@thoneh.com](mailto:enquiry@thoneh.com)



[www.thoneh.com](http://www.thoneh.com)



3°06'21.3 N  
 101°38'22.4 E



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The Tun Hussein Onn  
 National Eye Hospital

**Note :** This brochure is designed for public information and education only. Any medical decision should be made in consultation with your qualified Ophthalmologist.