



# Cataract surgery

Mr Kumar has diagnosed you with **cataracts** and recommended that you undergo **cataract surgery** for your eye condition.

## The aim of the surgery

Under the expert care of Mr Kumar, the primary aim of cataract surgery is to significantly improve the quality of your vision and enhance overall visual clarity. During your cataract operation, the cloudy natural lens in the eye will be removed and replaced with a clear artificial lens (intraocular lens). The procedure may also allow a clearer view of the back of your eye for ongoing care.

Mr Kumar will aim to reduce your dependence on glasses as much as possible, though:

- Some patients may still require distance glasses for optimal vision
- Most patients will need reading glasses, depending on the intraocular lens selected

Despite the use of advanced measurements and modern surgical techniques, complete freedom from distance glasses is achieved in up to 95% of patients.

Mr Kumar may also be able to correct your short-sightedness or near-sightedness at the same time as your cataract surgery. You are advised to discuss this option with Mr Kumar if interested.

## The surgery

Your surgery will be performed using **ultrasound (phacoemulsification)**—the safest and most widely used cataract technique worldwide.

- Dilating drops will be applied before surgery to prepare your eye
- A local anaesthetic (drops or injection) ensures a comfortable, pain-free procedure
- You may notice light or movement, but you will not see the operation itself
- The procedure typically takes around 20 minutes

Mr Kumar uses **state-of-the-art micro-incision techniques** (~2mm incision), promoting:

- Greater safety during surgery
- Faster healing
- Minimal discomfort

For patients who are particularly anxious or unable to lie still, general anaesthesia or calming medication can be arranged.

## Immediately after the surgery

A protective eye shield will be placed over the eye. The vision might be blurry and you may notice some drooping of the eyelid or double vision (especially with the anaesthetic injection). These effects are normal and usually resolve quickly.

You will be discharged on the same day – **please arrange transport home** as you will not be able to drive home.

## Aftercare

In the first few days after the surgery, the vision might be blurry at first, improving within 24-48 hours. It is common to get some mild irritation, watering or grittiness in the eye.



You are advised to use your post-operative drops as prescribed by Mr Kumar. You are advised not to touch or rub your eyes after the procedure. You rest for the few days and can gradually return to normal activities after the first 1-2 weeks:

- Hair washing after 24 hours – avoid getting shampoo in the eye
- Driving when you can read a number plate at 20 meters (often with 1-2 weeks)
- Exercises such as swimming, golf, jogging or high-impact exercise after 1 week. Normal daily activities and light exercises can continue

### Follow-up

A follow-up appointment will usually be arranged with Mr Kumar's team in 1-4 weeks.

You can attend your optician for new glasses after 1 month. Most patients will require reading glasses. Occasionally, distance or intermediate correction (e.g. for driving or computer use) may be required.

### Potential risks

Important but rare:

- **1%:** worse vision after surgery
- **0.1% (1 in 1000):** blindness in that eye e.g. from severe infection or bleeding inside the eye, retinal detachment
- **0.01% (1 in 10,000):** loss of the eye

More common but usually treatable:

- Dry eye
- Inflammation
- Raised eye pressure
- Need for laser treatment months or years later due to posterior capsule clouding
  - Happens in up to 20% of patients
  - Easily corrected by quick laser procedure on an outpatient basis
  - The self-pay cost of a YAG laser capsulotomy, if required is approx. £600.

Failure to complete surgery

- If structures in the eye are found to be weak
- If there is a split in the lens capsule due to prior damage or during surgery

### Contact

If you experience significant eye pain or loss of vision: **please contact Mr Kumar's team on 0118 9113666**

Out of hours, please contact the hospital where you had your surgery, and they will contact Mr Kumar or his team.

- Princess Margaret Hospital, Windsor - 01753 743434
- Circle Hospital, Reading - 0118 922 6888
- Berkshire Independent Hospital, Reading - 0118 402 2855
- Eye Casualty at Royal Berkshire Hospital, Reading - 0118 322 5111. Royal Berkshire Hospital also provide a 24-hour eye emergency service.



## Intraocular Lens Options

There are many intraocular lens options available. Mr Kumar will guide you in choosing the most appropriate option based on your lifestyle and expectations.

### Standard Monofocal Lens

- Optimised for **distance vision**
- Reading glasses are usually required
- This is the lens implant for NHS patient
- This type of lens will not correct your astigmatism and you may require distance glasses

### PREMIUM LENS ARE OFFERED TO PRIVATE PATIENTS:

#### Toric Lens

- Designed to correct **astigmatism** as well as distance vision
- Improves clarity and reduces dependence on glasses

#### Extended Depth of Focus (EDOF) Lens

- Excellent for **distance and intermediate vision** - over 95% of people are very happy
- Minimal visual side effects (less haloes and glare at night)
- Reading glasses are still needed for fine print

#### Multifocal Lens

- This type of lens reduces the need for distance, intermediate and reading glasses and hence, are very popular
- Multifocal lenses work best when inserted in both eyes
- They are good for active lifestyles
- Trade-offs may include:
  - **Glare and halos at night**, which can be bothersome while driving (up to 10% of patients)
  - Slightly reduced sharpness or contrast in low light for some individuals
  - Some patients take a few weeks to months to adjust to them

#### Multifocals with toric lens

- Designed to correct **astigmatism** as well as distance, intermediate and near vision.
- Improves clarity and reduces dependence on glasses

### Cost of the surgery, investigations and 6-month follow-up

	Surgeon fee	Hospital fee incl. lens	Total
<b>Standard Monofocal</b>	£800	£1438	<b>£2238</b>
<b>Toric</b>	£1000	£1771	<b>£2771</b>
<b>EDOF</b>	£1000	£2508	<b>£3508</b>
<b>Multifocal ± Toric</b>	£1200	£2508	<b>£3708</b>

Prices quoted are for surgeries under local anaesthetic. Please enquire if you require sedation or general anaesthesia

If you are happy with the information provided above, please contact Mr Kumar's team to make an appointment:

**Email:** secretaryeyedoctor@gmail.com

**Phone:** 0118 911 3666