

## The next step

Your optometrist will refer you to an eye surgeon (ophthalmologist) who specialises in cataract surgery, someone that they know and trust. The ophthalmologist will examine your eyes and advise you on the best way to restore your vision.

## Private or public surgery?

You may be able to choose where you have your surgery. Your optometrist can explain the advantages of each system.

## Costs

The average cost of private cataract surgery is about \$4500 per eye. The amount you pay depends on whether you have medical insurance and what type of intraocular lens is implanted. Your surgeon will discuss costs with you.

## Common cataract myths

Many things you hear about cataracts are not true. A cataract is not:

- Caused by over-use of the eyes
- A film on the surface of the eye
- Something that needs to become 'ripe' before it can be removed
- A condition that will recur after surgery

## More information

There is a lot more known about cataracts, cataract surgery and intraocular lenses. Don't hesitate to ask for more information.

## Questions

Write your questions below and bring them with you to the appointment with your eye surgeon.

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# Is it time for cataract surgery?



## In most cases your sight can be fully restored

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## So you have cataracts?

If your optometrist has found you have cataracts, the good news is that in most cases your sight can be fully restored. As an added benefit new techniques could mean your vision without glasses or contact lenses may be better than ever.

## What are cataracts?

Cataracts are simply a clouding of the natural lens of the eye and more common than most people realise. In fact, by the age of 60 over 50% of adults have some cataract, even if they have otherwise healthy eyes.



## Symptoms of cataract

You're probably noticing that your vision isn't as good as it was. People with cataracts often experience the following symptoms:

- Blurred vision
- Needing more light to read
- Trouble recognising faces and street signs
- Glare and light sensitivity
- Double vision
- Fading or yellowing of colours
- Frequent changes in glasses' prescription

## Treatment for cataract

The only treatment for cataract is surgery. Your eye surgeon will remove the cloudy natural lens through a tiny incision. A replacement intraocular lens will be inserted into the eye. This lens is designed to correct your vision so you're less reliant on glasses or contact lenses after surgery. Some intraocular lenses can even correct astigmatism and near vision.

Cataract surgery is usually performed as a day stay procedure with no needles or stitches. In most cases only local anaesthesia is required. There is minimal discomfort during and after surgery and you can have a mild sedative if you wish. You're likely to be able to return to normal activities within a day or two, with much improved vision.



## Is it time for surgery?

If you would like to see better and enjoy an improved quality of life there is no reason to delay surgery. You don't need to wait until your vision is poor.

