

Cataract Surgery in Brooklyn, NY

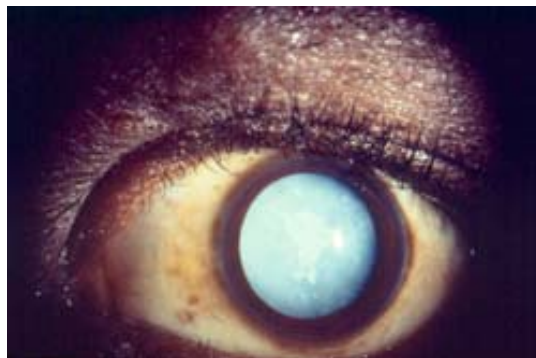
Dr. Fell and Dr. Brookner of Brighton Eye Associates are highly trained, board-certified ophthalmologists with extensive experience in diagnosing and treating all eye disorders. They are happy to answer your questions about cataract symptoms, treatment, and surgery.

What is a Cataract?

There are lenses in everyone's eyes, just like in a camera. The lens of your eye helps you to focus on objects near and far. The lens must be clear to work well, but as you age, it gradually becomes cloudy. The cause of this clouding is a cataract.

The word cataract comes from an old Latin word for waterfall. Waterfalls produce a heavy mist that can blur your vision. Cataracts have the same effect-blurry vision. Looking through a cataract is like looking through a dirty window-everything is blurred.

Most people in their 60s will develop at least mild cataracts. Early on, the cataract process not only makes your lens cloudy, but it also makes your lens swell. When your lens grows in size, you become a bit more near-sighted. So, in the early stages of cataract development, simply changing your glasses prescription can restore your sight. However, as you continue to age, the cataract gets cloudier and eventually will need to be removed in order to restore your vision.



White Cataract

What are the Symptoms of Cataract?

Symptoms of cataracts include blurred vision, glare, requiring more light to read, needing to move reading material frequently, difficulty driving at night, difficulty seeing in different light conditions, and double vision in one eye. If you are suffering from one or more of these symptoms, you may have cataracts. However, some patients with cataracts do not have any symptoms.



Blurred vision due to a cataract

Do Cataracts Always Require Surgery?

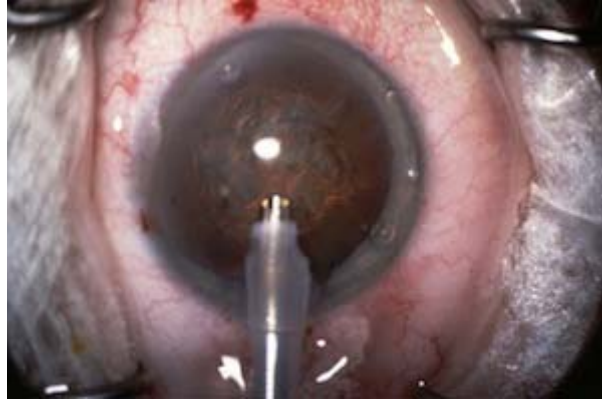
Not all cataracts must be operated on immediately. Cataract surgery is usually an elective operation. It is a very personal decision determined by the patient's needs. Patients should discuss their lifestyle with their ophthalmologist and evaluate whether cataract surgery can improve the quality of their lives. There is currently no medicine to prevent the development of cataracts; however, patients should wear UV protected sunglasses when out in sunlight.

How is cataract surgery performed?

Cataract surgery is the most common surgical procedure performed on adults in the United States. The procedure is performed on an outpatient basis, generally takes a half hour or less, and recovery time is usually only a few days.

Cataract surgery is a two-step procedure. First, the surgeon removes your cloudy lens, and then a new lens implant is inserted into your eye. The cloudy lens is removed with a tiny instrument that enters your eye through a small incision-usually one-eighth of an inch or smaller- and gently breaks the cataract into tiny pieces that are then removed from the eye with a miniature vacuum cleaner. This process is called phacoemulsification. Lasers can also be used in a secondary procedure called [Yag laser capsulotomy](#).





Basic steps of cataract surgery

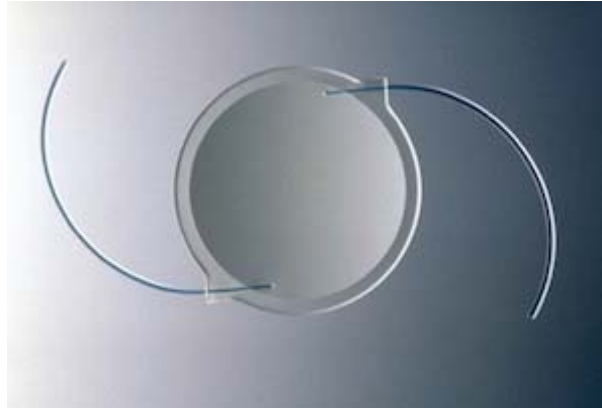
Once the cataract is removed, you will need a new lens in order to focus your vision after surgery. These artificial lens implants are made of plastic-like materials and come in many different strengths, like glasses or contacts. Before your cataract operation, your doctor will perform several measurements to determine the appropriate lens implant strength for your eye.

After installing the new lens, the operation is over. Some people's vision improves immediately or within a day or two after the surgery, but it is not abnormal or worrisome if your vision seems blurry for a few weeks after surgery as your eye heals. Your doctor will prescribe some eye drops for the recovery period, and if you need new glasses after surgery, these will be prescribed for you once your eye is completely healed, usually about a month after surgery.

Will I Need Glasses After Cataract Surgery?

Whether or not a patient will need glasses after cataract surgery depends on the individual and his or her pre-operative eye condition. Patients with astigmatism may need glasses for distance, or they may opt for a Premium Toric Lens. Most patients require reading glasses; however, some patients benefit

from the new Presbyopic Lenses, which make them less dependent on reading glasses. A complete discussion or [eye exam](#) with your ophthalmologist is necessary in order to determine what's best for you.



Implant

Will My Cataract Grow Back?

Cataracts cannot grow back, but sometimes a thin cloudy membrane will grow behind the lens implant, making your vision blurry like the cataract did. This is not uncommon-it happens to roughly 40 percent of patients who have had cataract surgery. If it happens to you, a quick and simple procedure called YAG Laser Capsulotomy can be performed in the office to create a hole in the membrane for you to see through.