

20 POINT CATARACT SURGERY CHECKLIST

1. A Skilled Surgical Team

Choose an eye surgeon you trust, especially when it comes to experience. An experienced surgeon typically performs more than ten cataract surgeries per week. In addition, your surgeon's entire team should be made of highly trained ophthalmic professionals. Do they lecture on cataract surgery? Do they receive referrals from other eye surgeons? Have they done surgery on other eye surgeons? Researching your eye surgeon on the web should assist you to answer these questions.

2. Comprehensive Education Program

Your eye surgeon should fully explain what cataracts are, how they affect your vision, and what all of your options are. Get educated on these options so you can make the best one for your vision.

3. Commitment To Delivering The World's Best Technology

This can be difficult for a patient to evaluate, but it is critical. The most important element is that your eye surgeon is comfortable with all state-of-the-art technology that revolves around cataract surgery. This includes the femtosecond laser, wavefront analysis, intraoperative aberrometry, topography, and a variety of lenses utilized with modern cataract surgery. These technologies will help determine the best lens for your eye and vision goals.

4. Tear Film Analysis

A healthy tear film contributes to crisp vision. An unhealthy tear film contributes to blurry vision. If this important layer is unhealthy, it can be treated to maximize vision after cataract surgery. Your eye surgeon should have a variety of tests available to better evaluate your tear film.

5. Advanced Retinal Analysis With OCT

For the best vision results after cataract surgery, the retina needs to be healthy. OCT (Optical Cohorence Tomography) provides a highly magnified view of important retina structures to maximize the health assessment of the retina, including the macula.

6. Advanced Corneal Analysis

The cornea provides about 70% of the focusing power of the eye because of its curvature. This curvature needs to be smooth for sharp vision; if it's irregular, it can lead to poor vision. Your eye surgeon should use technology such as the Nidek OPD III Topography, Pentacam or other topographers to measure corneal curvature and thickness to rule out a corneal abnormality.

7. Corneal Endothelial Analysis

The corneal endothelium is the layer on the backside of the cornea; microscopically, it looks like a honeycomb. This layer is constantly pumping water molecules out of your cornea to keep it clear for crisp vision. If corneal thickness is increased, analyzing this layer determines if thickness is the cause of blurring alone or in combination with a cataract. Your eye surgeon should have the ability to perform this test, termed specular microscopy.

8. Pupil Size Measurements For Implant Customization

Pupil size can vary from patient to patient, and certain implants are better for pupils of certain sizes. By measuring in dim and bright light, your eye surgeon can recommend the best implant for your pupils and occupational lighting situation. It is important to also know your eyeglass prescription in bright and dim light, so we better understand if your night vision issues are related to cataracts or if you simply need a different pair of nighttime eyeglasses.

9. Angle Imaging Capability

Fluid in the eye drains in the angle created where the cornea and the iris meet. If necessary, this angle can be imaged to see if you are at risk for a serious condition called angle closure glaucoma, which can be caused by a thick cataract.

10. Diopsys Nova ERG/VEP Testing

When a cataract is fairly dense, it may be difficult to accurately assess its impact on vision without ruling out other common, coinciding retinal or neuro-ophthalmic problems. Your eye surgeon should have this technology available in the office to better evaluate your visual system.

11. Wavefront Analysis

Wavefront technology helps measure the optical properties of an eye to determine whether or not a cataract is the main source of blurry vision. If this technology finds optical irregularities, there's an increased chance that a cataract is the cause of primary irregular vision.

12. Advanced Lens Calculation Methods

Optical Biometry (such as the LenStar) accurately measures the length of the eye, the curvature of the cornea and the distance between the cornea and the lens to help calculate the best implant power for your eye. For cataracts that are very dense, immersion A-scan capabilities serve as a very accurate, double-check of important implant measurements. Your eye surgeon should have access to both technologies.

13. Advanced Lens Power Confirmation Methods

In the past, eye surgeons couldn't measure if the lens implanted during surgery had the proper power until the next day. ORA with Verifeye+ is a revolutionary new technology that allows the eye surgeon to measure the optical power of the eye during surgery to maximize accuracy of the implanted lenses.

14. Topical Anesthesia

Advanced cataract surgeons typically only use numbing eye drops to avoid complications associated with numbing by needle. It also provides the fastest recovery. However, anesthesia professionals need to be available to provide IV relaxation medication.

15. Small Incision, No Stitch Surgery

Most advanced cataract surgery is performed through an incision smaller than 2.5mm, and stitches are rarely necessary. These small, self-healing incisions maximize safety, minimize healing time and create less astigmatism.

16. Advanced Cataract Removal Techniques

A cataract is removed through a small opening, which can be made in one of two ways: traditional manual cataract surgery, using a blade or advanced bladeless laser cataract surgery. Your eye surgeon should offer both approaches.

17. Intraocular Lens Implant Options

This may be the most important one. Some surgeons use only one or two lens implant options. However, new premium lenses can be customized to lessen your dependency on glasses, correct high levels of astigmatism or even eliminate glasses altogether. Choose an eye surgeon who can help you weigh all lens options, including traditional implants, aspheric implants, toric implants and multifocal implants.

18. A History Of Following Meticulous Detail

Your eye surgeon should be focused on achieving the best outcomes by paying attention to all areas of detail both pre-operatively and post-operatively. Check online health-related review sites and ask to speak to other patients who have undergone cataract surgery with your eye surgeon. Your eye surgeon should have a low threshold to repeat necessary pre-operative tests to ensure reproducibility and accuracy. Your eye surgeon should explain to you all tests performed in detail at a level that you understand.

19. A Convenient Timeline

Patients can become anxious waiting for an upcoming surgery. Choose an eye surgeon with a system that allows you to have surgery relatively soon to restore your vision.

20. Tracked Outcomes

Eye surgeons who carefully track their outcomes can confidently inform patients of their results, continually refine techniques and critically evaluate new technologies. Tools such as tracking software allow eye surgeons to carefully monitor outcomes so that surgery can be further improved to better achieve a patient's vision goals.