



Outcome of cataract surgery

Regular follow up and eye drops are required after cataract surgery. Vigorous exercise or swimming should be avoided for at least a month. Presbyopia and a small amount of refractive error are commonly seen after recovery. Glasses may be needed to see small prints.

Cataract surgery is a highly successful surgery, with success rate over 95%. Most patients are very satisfied with surgical result. As in any operations, complications although uncommon can occur. Examples are infection, glaucoma, wound problems ...etc.

In some patients, the posterior capsule may thicken with time causing blurring of vision. A simple laser procedure YAG Laser can help to restore vision..

Our eye doctor can give you and your family more detailed explanation on cataract and its surgery.



白內障手術的風險

白內障手術是成功率九成五以上的手術。絕大部份患者都很滿意手術效果的。可是，就像其他手術一樣會存在一定風險：包括細菌性發炎、青光眼、傷口癒合問題等等.....。

晶體後囊或有可能續漸變厚，視力便會漸變模糊，在這情況下，可作簡單的激光治療 (YAG Laser) 便能回復視力。

白內障手術後需知

手術後要使用眼藥水數星期，直致完全康復為止。視力一般會在數星期內有改善。康復期間應避免做劇烈運動或游泳、吃刺激性及堅韌的食物、吸煙、喝酒。

我們的眼科醫生可為你和你的家人深入解釋白內障及其手術問題。

For any enquiry

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 **STHEYE**
Eye and Refractive Surgery Centre

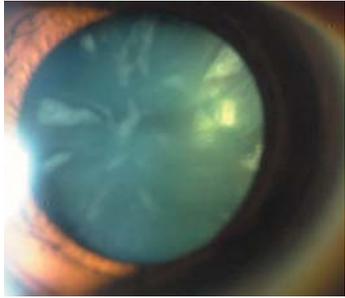
understanding **Cataract**
白內障



STHEYE
Eye and Refractive Surgery Centre

Cataract

highly successful
increase in myopia
Phacoemulsification
faster recovery
Intraocular Lens



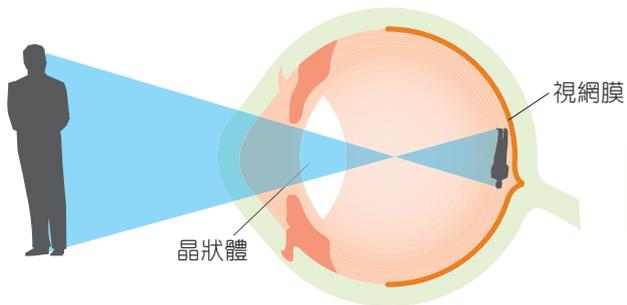
CATARACT

What is Cataract

Cataract is opacification of human lens, causing blurring of vision. Human lens focus objects onto the retina, like camera lens focus objects onto the film. Cataract is most commonly due to aging. Other causes of cataract include diabetes mellitus, trauma, congenital malformation...etc.

白內障是甚麼

白內障是眼球內晶狀體變混濁，引致視力減退。晶狀體有如相機的鏡頭，幫助眼睛準確對焦，使影像投射到視網膜上。當晶狀體變混濁，光線無法完全透過，視力便會下降。老年性退化是最常見的病因。白內障也可以是糖尿病引發、創傷引發、先天性.....等等。



Symptoms of Cataract

Senile cataract makes things blurred. Sometimes patient will see shadows moving around. Things may appear less bright and colourful. Some eyes may have gradual increase in myopia.

The rate of cataract progression is variable. Some cataract changes little over many years. Some cataract progresses more rapidly in a few months. Advanced cataract may be complicated by acute glaucoma when the eye pressure rises suddenly, causing severe eye pain and headache.

白內障的徵狀

老年性白內障會令事物漸變模糊不清，患者對光度、色彩的敏感度亦會減低。一些患者近視度數會加深。

白內障視力減退速度因人而異。有些白內障許多年也不變；一些人則於短期內視力大減或出現併發症。後期的白內障可以變急性青光眼，使眼壓突然增加，引致頭痛和眼痛。



Cataract surgery

Cataract surgery is currently the mainstay of management. It should be considered when cataract interferes generally with daily life, including work or leisure activities. Most cataract surgery is done under local or topical anaesthesia. It can also be done under general anaesthetic if necessary. Small incision cataract surgery has faster recovery and better outcome when compared with traditional surgery. Phacoemulsification, which means cataract removal with ultrasound, is the most popular way of small incision cataract surgery.

Intraocular lens implantation will make cataract surgery even better. By putting intraocular lens implant, one can avoid the thick glasses in the past. Intraocular lens must be surgically implanted into the eye. In general, the lens requires no cleansing or exchange.

白內障手術

用手術摘除白內障是目前最有效的治療白內障方法。當白內障引致事物漸變模糊不清，影響到職業或日常生活，患者就要考慮動手術。白內障手術可在局部麻醉或表面麻醉下進行手術，如有需要也可在全身麻醉下進行。微切口白內障手術，比起傳統手術，能讓患者術後康復更快，效果更理想。超聲波乳化手術是現今最被廣泛應用的微切口白內障手術。

人工晶體植入可以令手術達致更理想的效果。人工晶體必須以手術植入眼內去代替被摘除去的白內障。一般而言，人工晶體是永久植入的，不需清洗或替換。