



optometry  
EVOLUTION

# THINKING ABOUT CATARACT TREATMENT?

A SIMPLE GUIDE TO HELP YOU UNDERSTAND YOUR OPTIONS  
AND DECIDE YOUR NEXT STEP WITH CONFIDENCE.

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## CATARACTS

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If your vision isn't as clear as it used to be, you're not alone. Cataracts are a normal part of ageing within the eye—but knowing when to consider treatment and how this is performed can be daunting.

This short guide will cover the essentials on how to proceed.

### DO YOU NEED TREATMENT YET?

Not always.

Cataracts only need treatment when they begin to interfere with your daily life, with reference to reading small print, driving or impacting leisure activities.

There may be cases where treatment is required to lower the pressure within the eye or to comply with sight requirements when driving.

### COMMON SIGNS YOU MAY HAVE CATARACTS:

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- ☉ Blurred or cloudy vision
- ☉ Difficulty driving at night
- ☉ Double vision or ghosting in either eye
- ☉ Increased sensitivity to light or glare
- ☉ Colours appearing faded or yellowed
- ☉ Frequent changes to glasses prescription



### GOOD TO KNOW:

You don't have to "wait until they're bad enough." Many people choose treatment to avoid impacting their daily lives.

# CATARACTS

## MYTH:

Cataracts must be “ripe” before surgery

## REALITY:

Modern treatment can be performed at an early stage due to advances in technology and surgical technique

## HOW ARE CATARACTS TREATED?

Cataracts are treated by replacing the cloudy natural lenses of the eyes with clear artificial lenses.

- Typically takes 15–30 minutes
- Treated as a day case procedure
- In all cases but a few, performed under local anaesthetic without discomfort

## LENS OPTIONS

One of the key considerations is which type of lens implant to use when having cataract surgery.

### STANDARD LENS

- Clear distance vision
- Glasses usually still needed for reading
- The choice of clear reading vision but a requirement for distance glasses

### PREMIUM LENS OPTIONS

- Premium lenses aim to achieve both distance and near vision however do not always eliminate the need for glasses completely

Having a full discussion with your cataract treatment provider is critical as there are pros and cons with each lens option – it is a case of choosing what is best in your individual case. It is worth noting that premium lenses are normally only provided in private clinic settings.

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# CATARACTS

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## IS CATARACT SURGERY SAFE?

Yes—Modern cataract surgery is common and safe.

- Millions of operations are performed each year
- Improved vision is common within a few days
- There are high success rates
- Low rates of serious complications



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## WHAT PATIENTS OFTEN WORRY ABOUT

### WILL IT HURT?

Surgery is usually painless but some patients may experience mild discomfort



### WILL I BE OUT OF ACTION?

For a few days with gradual resumption of activities after the first week

### IS IT RISKY?

Serious complications are uncommon. The risks of complications will be discussed with you by your clinician

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## WHAT TO EXPECT AFTER TREATMENT

- Vision often improves within a few days
- Possible mild irritation
- Eye drops are administered for a period of about four weeks
- Most people return to normal routines quickly

# CATARACTS

## WHAT RESULTS CAN YOU EXPECT?

Cataract surgery can significantly improve clarity, brightness and overall quality of vision.

However, outcomes can be affected by pre-existing eye conditions and the chosen lens option.

## RECOMMENDED ACTION

If changes in vision are noticed, a referral to a cataract clinic is advised so that a full assessment can be carried out

## YOUR NEXT STEP

If you're starting to notice changes in your vision, the best next step is to gain referral to a cataract clinic for a full assessment.

## DOWNLOAD OUR FULL 24-PAGE GUIDE



An in-depth resource covering a pre assessment checklist, cataract assessment, lens options, the surgical procedure and aftercare.

Visit:  
[optometry-evolution.com](http://optometry-evolution.com)

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# DISCLAIMER

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## DISCLAIMER

This guide is intended to allow patients to enter the cataract assessment and treatment pathway well informed and to promote positive outcomes for those who undergo surgery.

This guide has been produced to supplement the information you are provided both verbally and in writing by your optometrist and cataract treatment provider and is not intended to replace, conflict or override that information. This text is not exhaustive so there will be clinical situations that are not covered here - your clinicians will be best placed to guide and advise you.

This guide is not designed to either persuade patients to have cataract surgery or to discourage them from doing so, but to provide a balanced account of what cataract surgery entails along with the potential risks and benefits.

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## ABOUT THE AUTHOR



Stanley Keys is an hospital optometrist with over 22 years experience working in the UK NHS and more recently in a private ophthalmology clinic. He has worked extensively assessing cataract patients both before and after cataract surgery. He has also taught widely to his professional peers on this topic. He is the developer of Optometry Evolution which provides educational support both to eye-care professionals and patients.