

TOOWOOMBA
OPHTHALMIC
CONSULTANTS



CATARACT SURGERY GUIDE

See the world
differently



Specialist treatment of cataracts

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Our leader in Ophthalmology

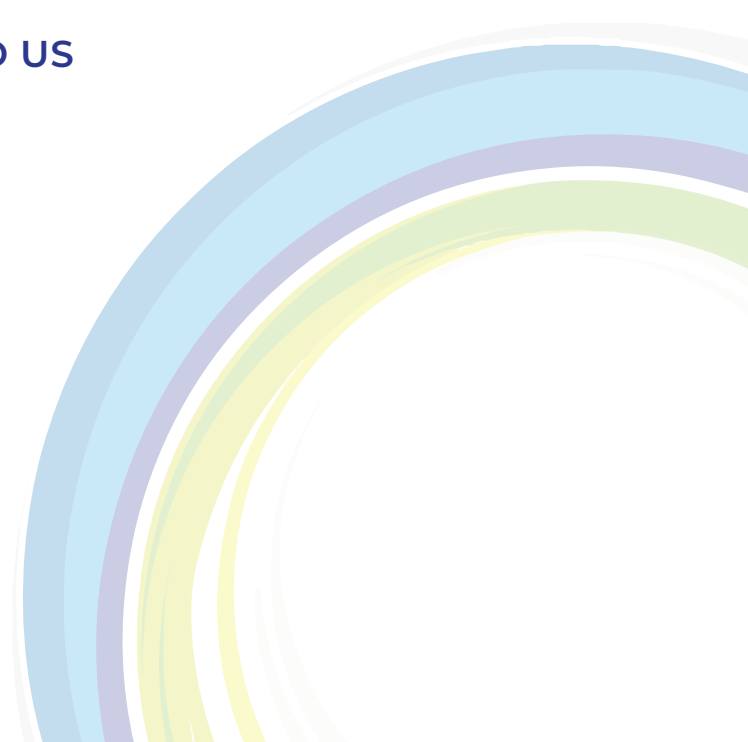
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Dr David Holcombe

Our leader in Ophthalmology

Prior to learning my expertise in the areas of cataract surgery, retinal disease, and glaucoma, I studied at the University of Queensland Medical School and graduated with a Bachelor of Medicine / Bachelor of Surgery, and a Doctor of Philosophy (MBBS PhD).

After completing my residency at the Royal Brisbane Hospital, I was selected for the Royal Australian and New Zealand College of Ophthalmology training program in Melbourne.

I relocated back to Southeast Queensland to establish Toowoomba Ophthalmic Consultants, with the aim of providing the best for my patients and their vision through excellence in knowledge, equipment, and facilities, and a caring, friendly environment.

I understand choosing cataract surgery can seem daunting. It is a big decision – we're here to help make sure you are making the right decision, and help you select a vision outcome from the range options we offer, that best suits you and your lifestyle.

I encourage you to read through this booklet and discuss your options with me so we can find an the option that best suits you.

Dr David Holcombe
FRANZCO MBBS PhD BSc



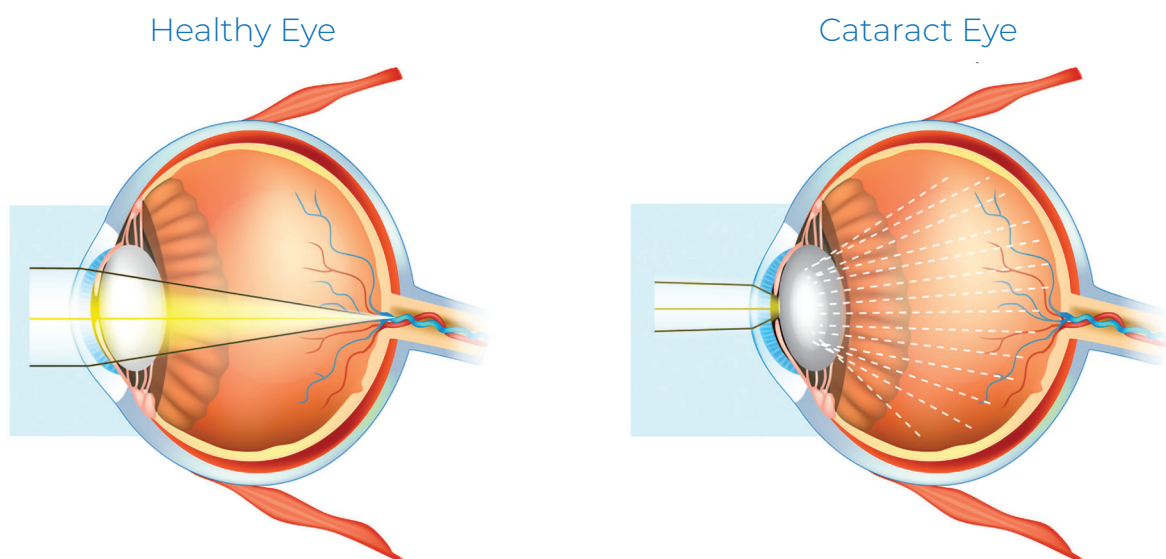
How your eyes work:

As light enters the eye, it passes through two main structures that bend it, focusing it on the retina at the back of the eye to generate an image that is passed on to the brain to enable us to see.

The first structure is the cornea, a clear 'window' at the front of the eye, overlying the iris and the pupil.

The second structure is the lens, a usually clear structure that resides behind the iris and the pupil. It is the lens that is able to change shape in our younger years to allow us to focus on both far and near objects.

In our midlife, the lens loses its ability to change shape, which for most of us results in the need for reading glasses.



What is a cataract?

A cataract refers to the clouding of the lens itself. Some people think that there is a film that grows over the eye, but it is in fact clouding of the whole lens structure.

At the early stages a cataract may not affect your vision at all.

You may be suffering from cataracts if you:



Struggle to read fine print.



Find yourself needing a new glasses prescription more often than normal.



Experience discomfort from sunlight and the glare from light.



Have increased difficulty reading street signs.

Some people may not be bothered by their cataracts. However, if you begin noticing that your cataracts are interfering with your quality of life, cataract surgery could be a good option for you.

Why choose cataract surgery?

Cataract surgery is a common eye procedure. In fact, surgery is the only treatment for cataracts.

If cataracts are getting in the way of your everyday activities like driving, reading or watching TV, your quality of living is likely to improve following cataract surgery.

We are here to help you make an informed decision, but ultimately the decision to choose cataract surgery lies with you. You may be able to relate to some or all of the experiences below.

The following may indicate you have cataracts requiring surgery:

- MY VISION IS CLOUDED OR BLURRY.
- I STRUGGLE WITH DAILY ACTIVITIES, FOR EXAMPLE, READING, WATCHING TV, SEWING, HIKING OR READING MESSAGES ON MY PHONE.
- I HAVE TROUBLE SEEING CLEARLY AT NIGHT.
- LAMPS, SUNLIGHT OR HEADLIGHTS OFTEN LOOK TOO BRIGHT OR HAVE A HALO AROUND THEM.
- I OFTEN BUMP OR INJURE MYSELF DUE TO MY EYESIGHT.
- MY VISION IS NOT IMPROVED BY WEARING MY GLASSES.

If you identify with more than two of these symptoms, you should consider cataract surgery.





How we can help you see clearer:

Toowoomba Ophthalmic Consultants offers different surgical options, depending on your individual circumstances.

Standard Surgery

Once the local anaesthetic and sedation is applied, the operation is performed. A small 2.2 mm incision is placed on the eye and the cataract is broken up inside the eye into tiny pieces and 'vacuumed' out. Once the cataract is removed, an intraocular lens implant is inserted into the eye. The whole procedure is generally painless, though it can be normal for patients to experience a slightly red eye, or a mild gritty sensation for a short period following surgery.

Recommended for:

Patients who want to remove cataracts but don't mind continuing to wear their favourite glasses for tasks after surgery.

Premium Surgery

Differing from the standard level of cataract surgery, premium cataract surgery aims to correct astigmatism (variances in the curvature of the front of the eye which reduce vision sharpness).

Recommended for:

Patients who want the confidence of having sharp distance vision without glasses but choose to either wear glasses full time for the convenience of their intermediate and near vision requirements, or are happy to wear reading glasses or 'computer' glasses as required.

Extended Vision Surgery

Extended vision cataract surgery uses new technology implants, giving patients the opportunity to see over a broader range of focus than traditional lens implants.

Patients who have undergone this surgery option have experienced a greater range of focus. If you choose to proceed with extended vision cataract surgery, you are more likely to have an expanded range of spectacle independent vision.

Recommended for:

It is best suited for individuals who wish to decrease their spectacle dependence, and who are happy to use low powered magnifying glasses to aid their near vision for near tasks as required.

A great number of patients who chose this option report they only need spectacles to read small print, such as on a newspaper.

Laser Assisted Surgery

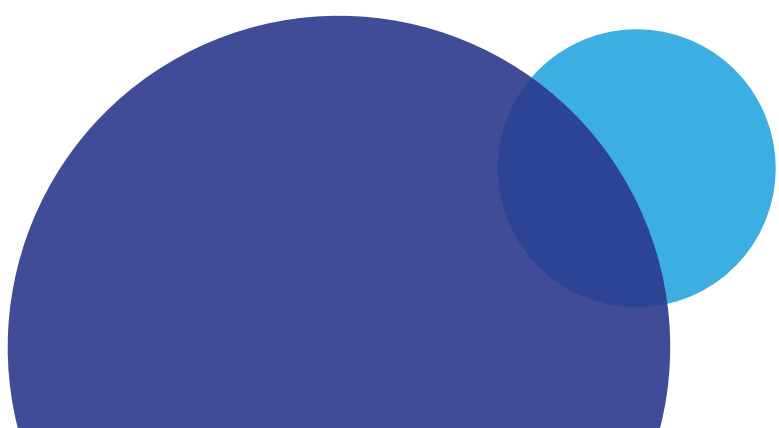
Using the latest in precision technology available to Australian patients, laser assisted cataract surgery utilises laser technology to improve the accuracy of cataract surgery in comparison to traditional manual techniques.

It opens up the option for patients to have greater choice in how you would like the focus of your vision to be after surgery.

Recommended for:

Patients who would like the latest in technology for their vision. You may select to have both eyes focused the same, for distance and intermediate vision, or you may strive for spectacle independence and have your eyes set to work over a broader focal range.

Laser assisted cataract surgery opens up the option for patients to have greater choice in how they would like the focus of their vision to be after surgery.





Things to consider:

All surgery has risks. Our team are here to make sure you have all the information you need to make an informed decision.

For most people, recovery following cataract surgery is relatively straight forward. We are all different, so the recovery each person experiences is also different.

After your surgery you will spend a short time in recovery, before being able to head home. You will need someone to drive you home.

There is usually minimal discomfort from cataract surgery performed with local anaesthetic and twilight sedation. However, it is normal to experience grittiness, redness, irritation, or watering.

Cataract surgery will require you to maintain a level of aftercare post-surgery. This can include a required use of eye drops in the operated eye, four times a day for one month.

If you experience any of the following symptoms, please contact your ophthalmologist immediately:

- **DECREASING VISION**
- **INCREASING REDNESS**
- **PROLONGED PAIN THAT PERSISTS DESPITE THE USE OF OVER-THE-COUNTER PAIN MEDICATIONS**
- **NAUSEA OR VOMITING**
- **SEVERE HEADACHES**

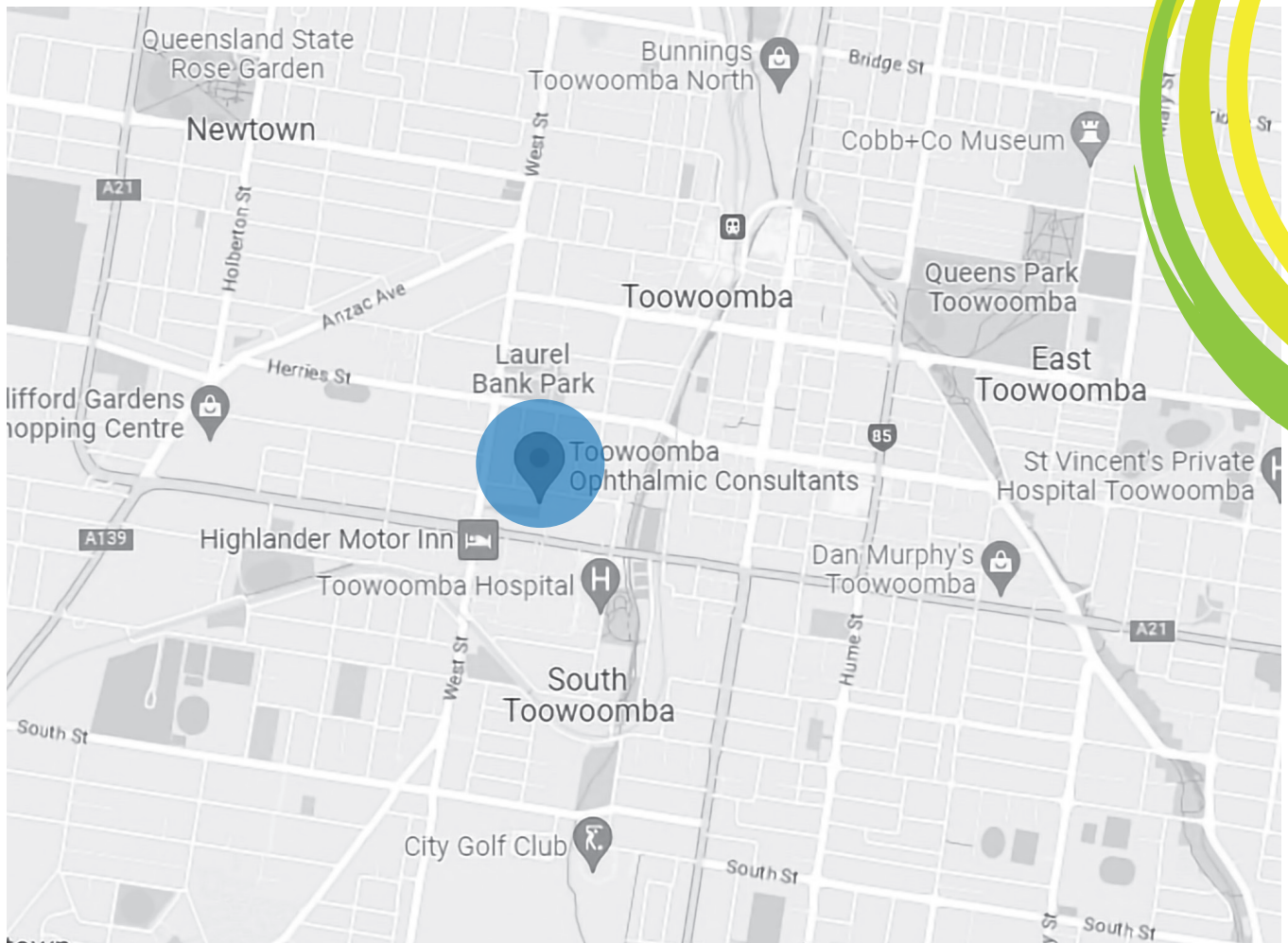


Your payment options:

We accept EFT and VISA and Mastercard.



How you can find us.





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