

Your Guide to Advanced Cataract Surgery

Clear answers to your
most common questions



EYEHUB

Laser Vision Specialists



Understanding Cataracts

Cataracts are one of the most common eye conditions worldwide, affecting millions of people as they age.

A cataract occurs when the natural lens inside your eye becomes cloudy, making it harder for light to pass through and focus clearly on the retina. The result is blurred, hazy vision that can make everyday activities more difficult, such as reading, driving, or recognising faces.

You may notice early signs such as glare from headlights at night, needing brighter light to read, or colours appearing faded. These changes often happen gradually, which is why many people adapt without realising how much their sight has declined. Left untreated, cataracts will continue to progress, eventually leading to significant vision loss and reduced independence.

The good news is that cataracts are very treatable. Cataract surgery is widely recognised as safe and effective, with millions performed worldwide each year. It doesn't just restore clarity, it can also improve your quality of life, giving you back the freedom to do the things you love without the constant struggle of poor vision.

This guide is designed to give you clear answers about cataracts and their treatment. Inside, you'll learn when surgery becomes necessary, what the procedure involves, the different types of replacement lenses available, and what recovery looks like. Most importantly, you'll see how life after cataract surgery can be brighter, sharper, and more enjoyable.



Early Signs & Symptoms

Cataracts often develop slowly, which means the early changes to your vision can be subtle. Many people don't realise how much their eyesight has declined until everyday activities become more difficult. Recognising the early signs can help you seek treatment sooner, leading to better outcomes and less disruption to your lifestyle.

Some of the most common symptoms include:

- **Blurred or cloudy vision:** words on a page or faces in the distance may no longer appear sharp.
- **Glare and halos:** headlights at night or bright sunlight may seem dazzling, making driving more challenging.
- **Faded colours:** shades that were once vibrant can appear dull or yellowed.
- **Difficulty reading in low light:** you may need brighter lamps or magnification to see clearly.
- **Frequent prescription changes:** updating glasses or contacts more often, but still struggling to achieve clear sight.

If you notice any of these symptoms, it's important to book an assessment. Cataracts cannot be reversed with glasses, medication, or lifestyle changes; surgery is the only effective treatment. The good news is that cataract surgery is safe, highly successful, and can restore the clarity and confidence you may have lost.

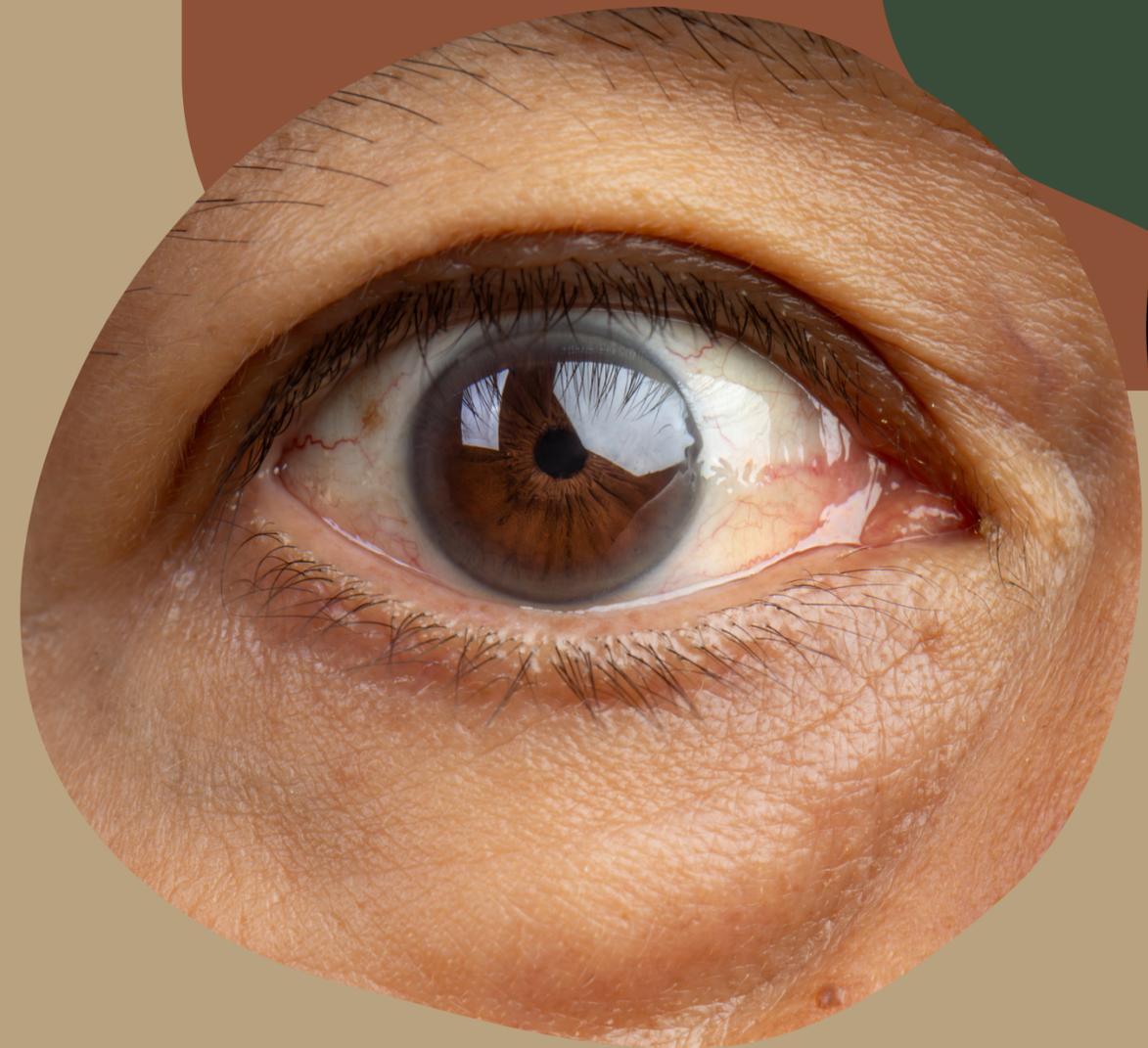


Causes and Risks

Cataracts are most often a natural part of ageing. Over time, proteins in the eye's lens begin to break down and clump together, causing the lens to become cloudy. This process usually starts after the age of 60, though symptoms can develop earlier.

While age is the most common factor, several other risks can contribute to cataract development:

- **Family history:** genetics can play a role in when cataracts appear.
- **Medical conditions:** diabetes, high blood pressure, and some eye diseases can increase risk.
- **Medications:** long-term use of corticosteroids may accelerate cataract formation.
- **Lifestyle factors:** smoking, heavy alcohol use, and poor diet can all contribute.
- **Eye injury or surgery:** trauma or past eye surgery can trigger earlier cataracts.
- **Sun exposure:** ultraviolet (UV) light damages the proteins in the lens over time.



It's important to note that cataracts are not caused by eye strain, reading in low light, or overuse of your eyes; these are common myths that often cause worry. While not all risks can be avoided, certain habits can help support eye health: protecting your eyes from UV light with sunglasses, eating a diet rich in antioxidants, and managing health conditions like diabetes. Even with the best prevention, most people will develop cataracts if they live long enough.

Knowing the causes and risks gives you greater control. Regular eye checks can detect cataracts early and help you plan the right time for treatment, ensuring your vision and independence are preserved.

How is Cataract Surgery Performed?

For most people, the thought of eye surgery sounds daunting, but modern cataract surgery is quick, comfortable, and is regarded as very safe and effective. At EyeHub, we use advanced micro-incision techniques that make the process smoother and recovery faster.

Here's what you can expect:

1. Preparation

On the day of surgery, anaesthetic drops are used to numb the eye. You'll be awake, but relaxed and completely comfortable throughout the procedure.

2. Removal of the Clouded Lens

Through a tiny incision (often less than 2.5mm), the cloudy lens is broken up using gentle ultrasound energy and removed. Because the incision is so small, stitches are rarely needed.

3. Insertion of a New Lens

A clear artificial lens (called an intraocular lens, or IOL) is inserted to replace the natural lens. This new lens restores clarity and, depending on the type chosen, may even reduce or remove the need for glasses.

There are several types of intraocular lenses (IOLs) designed for different vision needs:

- **Monofocal Plus IOL:** Provides clear distance vision with some intermediate (66 cm) vision; reading glasses required post-surgery; low halo incidence; toric options available.
- **Extended Depth of Focus (EDOF) IOL:** Offers continuous intermediate to distance vision, ideal for active individuals using devices; minimal reading needed; low halo incidence; toric options available.
- **Spiral or Multifocal IOL:** Allows for near (40 cm) to distance vision, suitable for those wanting complete independence from glasses; low halo incidence; toric options available.
- **Small Aperture IOL:** Designed for aberrated eyes, providing near (40 cm) to intermediate (66 cm) vision; not recommended for macula disease; low visual dimming; requires good lighting.

The procedure usually lasts under 20 minutes, with same-day discharge and improved vision within 24-48 hours.

Safety, Recovery & Results

Cataract surgery is widely recognised as safe and effective, and with millions performed worldwide each year, it has a track record of restoring vision and improving quality of life.

At EyeHub, your safety is our highest priority. We use advanced micro-incision techniques and state-of-the-art technology to deliver precise results with minimal risk. Complications are rare, and the vast majority of patients enjoy sharper, clearer vision within days.

What to Expect After Surgery

- **Fast Recovery:** Most patients notice significant improvement in vision within 24–48 hours, and can return to normal daily activities soon after.
- **Mild Side Effects:** Temporary blurriness, sensitivity to light, or dry eyes can occur but typically resolve within days to weeks.
- **Stable Results:** Once your eye has healed, results are long-lasting. Your new lens will not develop cataracts again.





Success Rates You Can Trust

- Fewer than 3 in 100 surgeries involve significant intraoperative risks like posterior capsular rupture.
- Serious complications are rare — less than 1 in 100 surgeries.
- Patients in that study improved from 6/48 vision before surgery to 6/12 one month afterward on average.
- Australia conducts over a quarter million cataract operations annually.
- Cataract surgery is the most frequently performed elective surgical procedure in Australia.
- Over 9 in 10 patients experience significant improvement in vision.
- Most people notice clearer sight within 1–2 days.

Frequently Asked Questions

Will I be awake during surgery?

Yes. Cataract surgery is performed under local anaesthetic, so you'll be awake but comfortable. You won't feel pain, only mild pressure or movement.

Does cataract surgery hurt?

Most patients experience no pain during the procedure. Mild grittiness or sensitivity can occur afterwards but usually resolves within days.

How long does the procedure take?

The surgery itself usually takes less than 20 minutes. With preparation and recovery, you'll be at the clinic for a few hours.

How soon will I see clearly?

Many people notice improvement within 24–48 hours. Vision continues to sharpen as the eye heals over the following weeks.

Can both eyes be treated at once?

Typically, one eye is treated at a time. The second eye can be scheduled once the first has healed, often within weeks.

Will my cataract come back?

No. Once the cloudy lens is replaced with an artificial lens, it cannot develop cataracts again. Occasionally, a thin layer behind the new lens can become cloudy months or years later, but this is easily treated with a quick laser procedure.

Living with Clear Vision

For many patients, the biggest surprise after cataract surgery is not just how much clearer the world looks, but how much easier and more enjoyable life becomes.

Colours appear brighter, details sharper, and everyday tasks simpler. Imagine reading a book without straining, driving at night without glare from headlights, or recognising loved ones across the room with ease. These small moments add up to a profound improvement in independence and quality of life.

Cataract surgery often restores more than sight, it restores confidence. Many people report feeling more independent and able to return to the activities they enjoy. Gardening, travelling, sewing, playing sports, or simply enjoying a walk outdoors all become easier and more rewarding when vision is no longer holding you back.

For those who choose premium lenses, there's the added benefit of reduced reliance on glasses. Tasks like using a smartphone, cooking, or shopping become effortless, with clear vision at multiple distances.

Perhaps most importantly, cataract surgery provides peace of mind. Knowing that your vision is reliable and stable allows you to focus on the things that matter most, whether that's family, work, or simply enjoying life's everyday pleasures.

Clear sight isn't just about seeing better. It's about living better. And with today's advanced techniques, that brighter, clearer future could be just around the corner.



Why Choose EyeHub?

When it comes to your vision, you deserve care that is precise, safe, and personalised. At EyeHub, our focus is on giving every patient the confidence that their eyesight is in experienced hands.

Specialist Expertise

Our lead ophthalmologist, Dr Sonia Moorthy, is highly trained in cataract and laser vision correction, with years of experience performing advanced eye procedures. You'll have the reassurance of knowing your care is managed by a specialist who dedicates her practice to eye health.

Advanced Technology

We use state-of-the-art diagnostic tools and surgical platforms to plan and perform each procedure with accuracy. From detailed eye scans to precision micro-incision techniques, this technology supports safer procedures and more predictable results.

Tailored Treatment

Every patient's eyes and lifestyle needs are unique. Whether you're choosing between standard and premium lenses or considering the right timing for surgery, we take the time to guide you through your options so you can make an informed decision with confidence.

Supportive Care

From your first assessment through to recovery, our team is here to make the process smooth and stress-free. We provide clear information, answer your questions, and ensure you feel supported at every step.

Choosing cataract surgery is an important decision. At EyeHub, our goal is to give you not only clearer vision but also peace of mind, knowing that your treatment is delivered with care, expertise, and the latest technology.





What's Next?

If cataracts are beginning to affect your daily life, you don't have to wait until your vision becomes severely impaired. The earlier you explore your options, the smoother and more effective your treatment journey can be.

At EyeHub, we make the process simple and reassuring. Your first step is to book a cataract assessment. During this visit, we will:

- Perform a complete eye examination and advanced diagnostic scans.
- Confirm whether surgery is needed now or in the future.
- Explain the different lens options available, tailored to your lifestyle.
- Answer all your questions, so you know exactly what to expect.

The appointment is quick, comfortable, and designed to give you clear information, not pressure. Our goal is to help you understand your choices, so you can make the decision that feels right for you.

Cataract surgery is regarded as one of the most effective procedures in medicine, restoring vision for millions of people every year. Taking the next step now can give you back not only your sight, but also the confidence and independence to live life on your terms.

[Book your free consultation today.](#)



EYEHUB

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**EyeHub – Your Sunshine Coast Cataract
and Laser Vision Specialist**

Dr Moorthy specialises in a wide range of eye conditions such as cataracts,
glaucoma, macular disease, strabismus, lids and laser vision correction.

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