

REFRACTIVE LENS EXCHANGE

Refractive Lens Exchange involves replacing your eye's natural lens with an artificial lens, for improved visual clarity.



REFRACTIVE LENS EXCHANGE

Refractive Lens Exchange, also called Lens Replacement Surgery or Clear Lens Extraction, is an increasingly popular option for the over 50's.

Refractive Lens Exchange (RLE) replaces your eye's clear natural lens with an artificial **IntraOcular Lens** (IOL) to correct your focusing error and achieve sharper focus - reducing your need for reading glasses and bifocals or graduated lenses.

The procedure for Refractive Lens Exchange is virtually identical to cataract surgery. The difference is that in Refractive Lens Exchange, the lens being replaced is clear, rather than a cloudy lens due to a cataract.

THE PROCEDURE

Lens Replacement Surgery usually takes about 20 minutes and is performed on an outpatient basis. Numbing anaesthetic drops are used during the procedure, so typically there is no discomfort.

Initial recovery from Refractive Lens Exchange, when you can resume normal everyday activities, usually takes about a week. Final outcomes of Refractive Lens Exchange can take up to several weeks; you may notice vision disturbances such as blurry vision, halos and glare, or a "scratchy" sensation as your eyes heal. You should be able to return to work and resume driving within a week of surgery, dependent on your eye surgeon's instructions.

The artificial IntraOcular Lens is a permanent replacement for your natural lens and is designed to last the rest of your life. Because IOLs are not affected by age-related changes, there is minimal risk of regression (loss of corrective effect or deterioration of vision) over time.

INTRAOcular LENS OPTIONS

There are different types of **IntraOcular Lenses** (IOLs) available to replace your natural lens, depending on your vision needs and the health of your eyes.

IntraOcular Lens options are:

Monofocal fixed-focus IOLs:

Monofocal lenses provide clear vision at distance, intermediate or near ranges - but not all three at once. Toric IOLs to correct astigmatism also are classified as monofocal IOLs.

Multifocal IOLs:

A multifocal lens provides clear vision at multiple distances.

EDOF (Extended Depth Of Focus) IOL:

These IOL's spread focused light over a greater distance allowing patients to have a more continuous range of vision without the possibility of "gaps" in the vision. They are also less likely to induce night vision haloes or starburst effects than Multifocal IOLs.

With intraocular lenses, there is no "one size fits all," and your eye surgeon will recommend an IOL that is most suitable for your individual needs.

'At Auckland Eye, we call them 'lifestyle lenses' because they allow people to continue living the lives that they want - whether that's being able to drive confidently, read menus, follow the path of the golf ball, or just enjoy the beauty of nature - all with little or no dependance on glasses.'

COMMON QUESTIONS:

WHAT EXACTLY IS LENS REPLACEMENT SURGERY?

Imagine that your eye is like a camera or video camera. If the lens is not focusing correctly, you would consider replacing this with a new lens. You could use glasses to improve the focus of your eye, but a lens replacement/exchange procedure is a more permanent correction.

IS LENS REPLACEMENT SURGERY A RELATIVELY NEW THING?

At Auckland Eye we have been offering lens replacement surgery with 'lifestyle lenses' for over 25 years, with many thousands of procedures completed.

WHAT AGE IS IT 'BEST FOR' AND WHY?

In our 40s, we start to notice difficulty with near vision, such as reading our mobile phones. This is because our natural lens stiffens and loses its ability to autofocus from far to near and by age 50 this ability is almost completely lost. Lens Replacement Surgery is a great way of restoring some range of vision from 'distance to near' in the over-50 age group.

WHY WOULD I WANT TO CONSIDER HAVING IT?

If you are looking for a permanent way to reduce or eliminate your need for glasses for your daily visual tasks, Lens Replacement Surgery is a good option. People often tell us that they wish they could see supermarket prices or menus when they've forgotten their readers, or that, for their job, putting glasses on and off repeatedly is a huge inconvenience. Everyone will develop a cloudy lens (cataract) eventually. Having lens replacement surgery means you cannot develop a cataract in the future, so you can enjoy the benefits of your new vision long term.

COMMON QUESTIONS:

IF I HAVE LENS REPLACEMENT SURGERY DOES THAT MEAN THAT I WON'T NEED TO HAVE CATARACT SURGERY LATER?

Yes, you will essentially be doing an early cataract surgery before your natural lens has had a chance to cloud significantly.

HOW LONG DOES THE SURGERY TAKE? HOW LONG IS THE RECOVERY PERIOD?

The procedure is about 20 minutes per eye and is usually done on separate days for each eye. This allows the first eye to recover and vision to stabilise in that eye.

The recovery is swift and most are back to full activities a couple of days after the procedure, enjoying their new sight. To help the eyes settle, you will need to use prescription eye drops for 4 weeks post-operatively.

WHAT RESULT CAN I EXPECT?

The vast majority of people are very delighted with their improved sight and their reduced dependence on glasses for both distance and near vision.

WHAT DO YOUR LENS REPLACEMENT PATIENTS COMMONLY SAY AFTER THEIR PROCEDURE?

The smile on our patients' faces as they arrive for their post-operative appointments says it all. When the right lens is used for the right patient, taking into account their specific daily requirements, the outcomes can be truly life-changing.

IS IT PERMANENT?

Yes the results are permanent. However, approximately 10% of patients may become aware of a gradual blurring of vision some months, or even years after the surgery, due to thickening of the lens capsule that supports your artificial lens. If this occurs, clear vision is usually restored by a simple laser treatment, called a capsulotomy. This can be performed during a short visit to the clinic.



8 St Marks Rd, Remuera



Oasis Surgical & Dry Eye Clinic,
2 MacMurray Rd, Remuera



3 Fred Thomas Dr, Takapuna



Ormiston Medical Clinic, 211 Ormiston Rd



Phone 09 529 2480 or 0800 25 53 93

Email: admin@aucklandeye.co.nz

www.aucklandeye.co.nz

