

Cataract Surgery

Many people approach cataract surgery with a mix of thoughts and questions—and that's okay. Whatever you're feeling, you're in the right place, and we're here to walk this journey with you. Our goal is to make the process clear, comfortable, and centered on your peace of mind, so you can look forward to seeing the world with renewed clarity.



Understanding Cataracts

A cataract is a very common condition where the naturally clear lens inside your eye becomes cloudy. Think of it like a dirty or frosted window that light has to pass through before reaching the back of your eye.

Cataracts are not a growth or a film that forms on the outside of your eye; they are a gradual clouding within the lens itself, usually caused by aging.

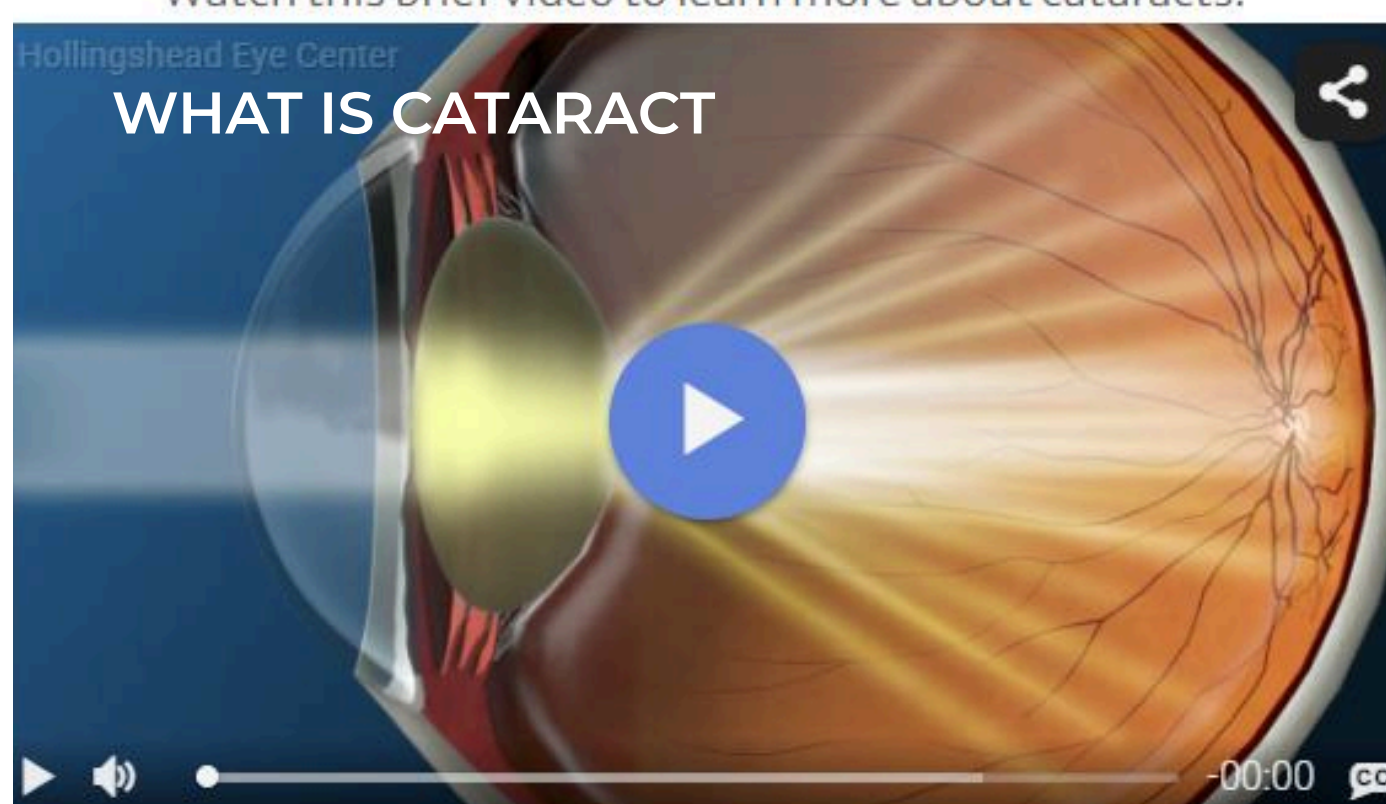
Types of Cataracts

- **Nuclear Cataracts** - occurs in the center of the lens
- **Cortical Cataracts** - occurs as wedge-shaped spokes extending from the outside of the lens to the center
- **Subcapsular Cataracts**- occurs at the back of the lens

Causes of Cataracts

- **Age-related cataracts** are the most common, resulting from a natural build-up of proteins in the lens.
- **Congenital cataracts** may be present at birth or developed during childhood.
- **Secondary cataracts** develop when other health or ophthalmologic conditions (such as diabetes) are present.
- **Traumatic cataracts** can develop after an eye injury.

Watch this brief video to learn more about cataracts.



Common Symptoms of Cataracts:

- + Blurred or hazy vision, even with glasses.
- + Increased difficulty seeing at night or in low light.
- + Glare and halos around lights, especially headlights and lamps.
- + Colors appearing faded or yellow.
- + Frequent changes in your eyeglass or contact lens prescription.

What to Expect with Cataract Surgery

How are Cataracts Treated?

Cataracts occur when the eye's natural lens becomes cloudy, leading to blurred or dim vision. The only effective treatment is cataract surgery—a safe, outpatient procedure performed millions of times each year. During surgery, the cloudy lens is removed and replaced with a clear artificial lens called an intraocular lens (IOL), restoring sharp, vibrant vision.

Before Surgery: Preparing for Your Procedure

Your journey begins with a comprehensive eye exam to assess the cataract and overall eye health. Your surgeon will:

- Measure your eye to determine the correct IOL power.
- Review your medical history and current medications.
- Provide pre-operative instructions, including any necessary eye drops to reduce infection and inflammation.

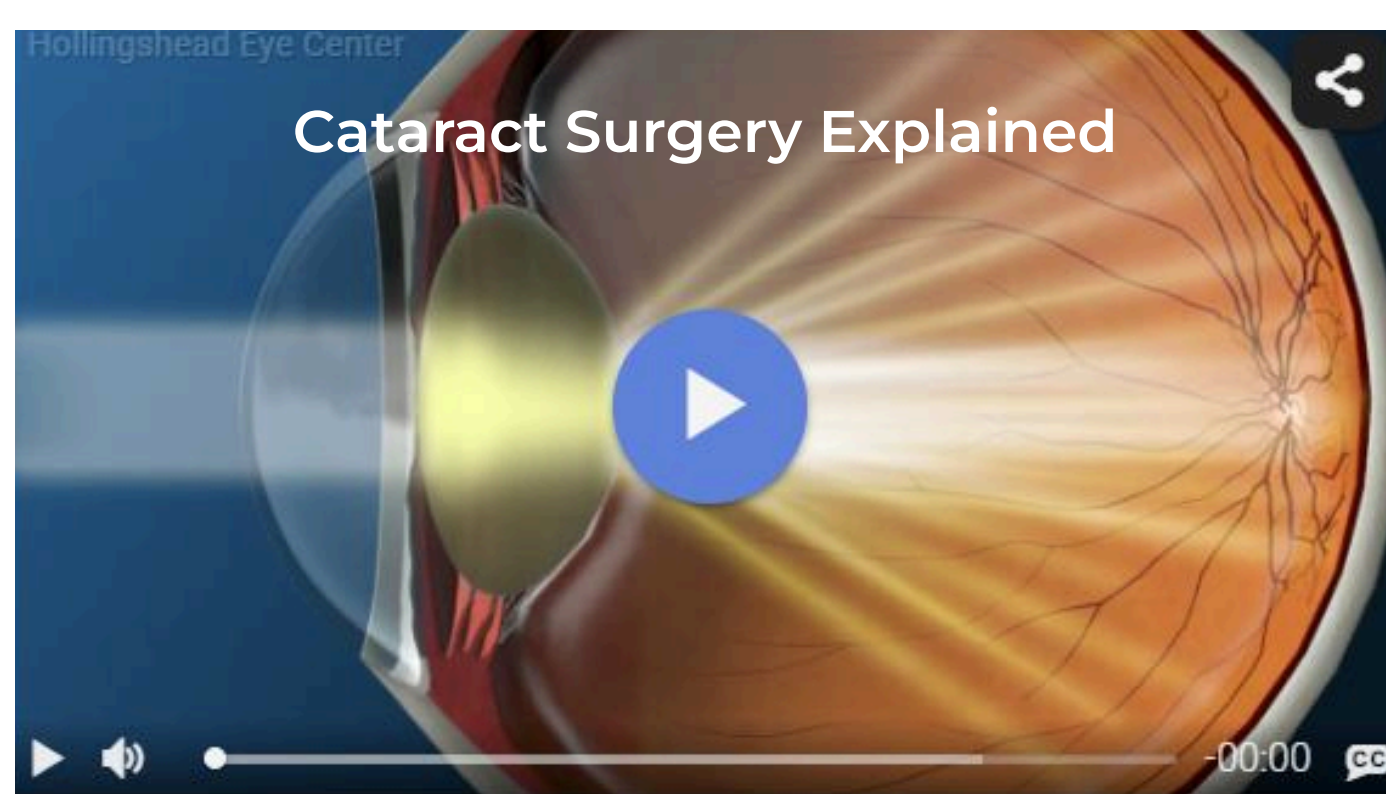
You may be asked to avoid eating or drinking for several hours before surgery and to arrange transportation home, as you won't be able to drive immediately afterward.

During Surgery: What Happens in the Operating Room

Cataract surgery typically takes less than 30 minutes and is performed while you're awake but relaxed. Here's what to expect:

1. **Numbing the Eye:** Local anesthetic drops or a small injection are used to numb the eye.
2. **Lens Removal:** A tiny incision is made in the cornea, and the cloudy lens is gently broken up and removed.
3. **Lens Replacement:** A clear IOL is inserted to permanently restore vision.

Most incisions are self-sealing, so stitches are rarely needed. After a short recovery period, you'll be able to go home the same day.



After Surgery: Recovery and Results

Recovery is typically smooth and quick. Here's a general timeline:

- **First 24–48 Hours:** Expect mild discomfort, light sensitivity, and blurry vision. Use prescribed eye drops and wear a protective shield while sleeping.
- **Week 1:** Vision begins to improve. Avoid strenuous activity, rubbing your eye, or getting water in it.
- **Weeks 2–4:** Most patients experience significantly clearer vision. You may resume normal activities, but continue using eye drops as directed.
- **One Month and Beyond:** Your eye is mostly healed. Final vision results are assessed, and glasses may be prescribed if needed.

Follow-up visits will be scheduled to monitor healing and ensure optimal results.

Feeling Nervous? Let's Talk.

It's completely normal to feel anxious before surgery. At St. Charles Eye Center, we take a patient-first approach—answering every question and guiding you through each step with care and clarity.

We're here to help you see the world in high definition again.

Ready to take the next step?

Call us at (636) 946-6986 or click below to schedule your comprehensive cataract evaluation.

Schedule Now

Choosing Your Replacement Lens: What to Expect

During cataract surgery, your eye's cloudy natural lens is replaced with a clear, artificial lens called an Intraocular Lens (IOL). This lens remains in your eye permanently and plays a major role in how well you see afterward.

Selecting the right IOL is one of the most important decisions you'll make in your cataract journey. Your choice will affect your vision at different distances and your dependence on glasses after surgery.

Types of IOLs We Offer

We provide a full range of advanced IOLs tailored to your lifestyle, visual goals, and eye health:



Monofocal IOLs	Toric IOLs	Multifocal & Extended Depth of Focus (EDOF) IOLs	Light-Adjustable Lenses (LAL)
These lenses offer sharp vision at a single distance—typically far. They're ideal for activities like driving or watching TV. Most patients will still need reading glasses for close-up tasks. Monofocal lenses are the most commonly used and are typically covered by insurance.			

How We Help You Decide

During your consultation at St. Charles Eye Center, we'll:

- Review your eye health and vision goals.
- Discuss your daily activities—whether you read often, drive at night, or work on screens.
- Explain the benefits and trade-offs of each lens type.
- Help you choose an IOL that fits your lifestyle and budget.

Not all lenses are covered by insurance. Monofocal lenses are typically included, while toric and premium lenses may involve out-of-pocket costs. We'll walk you through all options so you can make an informed decision.

Schedule an Appointment

Looking for eye care that feels comfortable and reliable? We're here to help you see your best—millions of times each year.

Schedule Now