

Fast Facts about Alcon ReSTOR® Intraocular Lenses

Prior to 1950, wearing heavy magnifying glasses was the only option following cataract surgery. However, thanks to advances in modern technology, all cataract patients today now have intraocular lenses (IOLs) inserted to replace their now-opaque lens, restoring vision.

Types of lenses

Most IOLs are mono-focal, which means they only correct for distance vision (e.g. driving a car), but reading glasses are still required for near vision. However there are now multi-focal (or pseudo-accommodative) lenses which allow patients to see both near and far distances without glasses. The most popular of these is the Alcon ReSTOR® lens, which Dr Ring of the Eye Institute has used in more than 550 ReSTOR cataract surgeries since 2004.

How does it work?

Our eyes constantly focus at varying distances, from up-close to faraway and everything in-between. The ability to change focus quickly between these is called *accommodation*, which begins to deteriorate as we age. This causes a dependence on bifocals or reading glasses. On the other hand, the chances of cataracts (the change of our natural lens from clear to opaque) also increase as we age.

The Alcon ReSTOR IOL **is like two lenses in one as it addresses both these problems** by replacing a natural lens affected by cataracts with a lens that is adjusted for near and far vision. This is done through the combination of refractive and diffractive optics technology which act much in the same way as multi-focal glasses — but directly within your eye. This reduces the need for glasses after cataract surgery. ReSTOR patients with IOLs in both eyes are able to see with true 3D binocular vision, as opposed to the method of having one side adjusted for near vision and the other for distance vision, which only results in “mono” or “blended” vision.

Alcon ReSTOR can even be used for people who do not have cataracts but who want to reduce or even eliminate their need for reading glasses. This is known as a clear lens extraction (CLE). The benefit of CLE is that the patient will never develop cataracts because the Alcon ReSTOR lens (implant) replaces their natural lens.

Surgical Procedure and Post-operative Care

Lens replacement is done with the latest micro-surgical (keyhole) suture-less technique. Dr Ring also uses the latest Ozil® phaco-emulsification surgical hand-piece that has several advantages over traditional “jack hammer” emulsification hand-pieces. Patients can return home after surgery, with an examination scheduled for the following day. Eye-drops will be given to speed up the healing process and to prevent infection. Your vision will immediately be improved and continue to do so for a week or so. Reading vision may improve further over the next three months. Surgery with the Alcon ReSTOR lens is the same as normal cataract surgery without any additional risks.

Some points to remember

- While 85% of Alcon ReSTOR patients are completely independent of glasses, the rest may still need reading glasses in poor light.
- Astigmatism can be corrected with special surgical techniques up to 1.5 dioptres; higher amounts of astigmatism require further laser surgery three months after the Alcon ReSTOR lens insertion.
- If Alcon ReSTOR lenses are used in cataract treatment, insurance does not cover the additional costs of this premium lens.
- Non-cataract patients who opt for CLE using Alcon ReSTOR are not eligible for insurance reimbursements as this is considered “cosmetic”, much like LASIK laser vision correction.
- Some patients will notice a loss of sharpness in their vision, especially in dim light or fog.

You are quite likely to be eligible if you are:

- ✓ 45 years or older
- ✓ Have cataracts
- ✓ Free from any eye disease such as macular degeneration
- ✓ Requiring distance and reading glasses
- ✓ Considering LASIK surgery but do not want to rely on reading glasses

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