



Your cataract surgery conversation guide

A simple guide to support conversations with your eye specialist and achieve your optimal vision.

If you've been told you have cataracts, you're not alone – and you're not without options.

This guide helps you:

- Understand what cataracts are and how they are treated
- Know the lens options that are available for cataract surgery
- Think about the kind of vision you want after surgery
- Feel confident asking the right questions at your appointment

What are cataracts?

Cataracts are a common part of ageing.

Over time, the clear lens inside the eye can gradually become cloudy, making vision less sharp and colours less vibrant.

People with cataracts will often notice:



Blurry or misty vision



Difficulty reading or seeing detail



Increased sensitivity to glare



Problems driving, especially at night

Cataracts are diagnosed during a routine eye examination with an optometrist or eye specialist.

In the early stages, brighter lighting and new glasses may help, but those are temporary fixes.

When cataracts begin to interfere with everyday activities – such as reading, recognising faces, or driving – surgery is usually recommended.

Is surgery the most effective treatment?

Cataract surgery is the only proven and effective way to remove cataracts.

It is a safe procedure lasting 15-20 minutes, with approximately 1 million procedures performed across the UK every year.

During surgery:



The cloudy natural lens is gently removed



It is replaced with a clear artificial lens (called an intraocular lens, or IOL)



You will typically have local anaesthetic for the procedure

Cataract surgery doesn't just restore clarity; it offers the opportunity to choose a lens that supports the way you want to see life afterwards.

You have a choice of lens

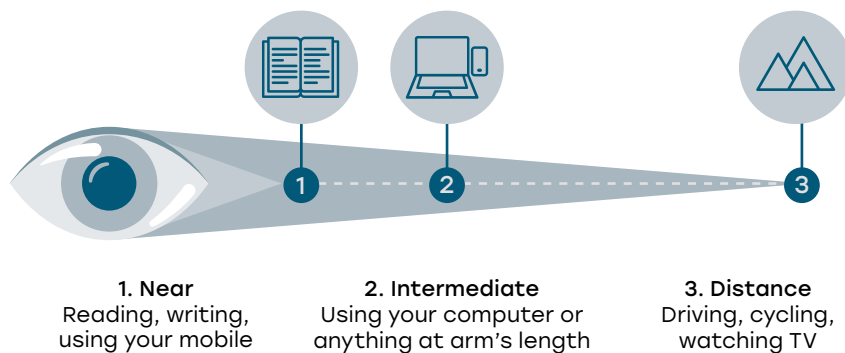
Not all lenses are the same. Different lenses offer different types of vision. Choosing the right one depends on:

- How you spend your time
- If you still want to wear glasses
- How important night driving and visual comfort are to you

Lens types include

Lens Type	Distance Vision	Intermediate Vision	Near Vision	Light Loss	Visual Disturbances (halos and glare)
Standard Monofocal	✓			None	None
Enhanced Monofocal	✓	✓		None	None
Traditional Multifocal	✓	✓	✓	Some	Moderate
Galaxy Spiral	✓	✓	✓	None	Low

Note: Standard monofocal lenses are offered by public hospitals (e.g. NHS).



Understanding your lens options **before surgery** can make a difference to your long-term vision and independence. Your eye specialist will advise whether you are suitable for different lens types.

The Galaxy spiral lens difference

Standard monofocal lenses give clear distance vision, but you will need glasses for everything else. Traditional multifocal lenses reduce this need, but often cause halos and glare in low light, especially when driving after dark.

The Galaxy spiral lens has a subtle, but highly sophisticated spiral pattern to deliver clear vision at far, intermediate, and near distances. So you can text, recognise loved ones across a room, and drive confidently after dark.

Before your appointment

Consider what matters most to your lifestyle:

- Reading books, menus, and messages without glasses
- Using a phone, tablet, or computer daily
- Driving regularly, including at night
- Hobbies that need clear near vision (e.g. knitting, puzzles)
- Hobbies that need intermediate vision (e.g. gardening, golf)
- Being free of glasses
- Having the most natural vision at all distances

Questions to ask during your consultation

Use these questions to guide your discussion with your eye specialist:

- What types of intraocular lenses (IOLs) are available to me (NHS vs private)?
- Which lens options are medically suitable for my eyes?
- Are there any reasons why certain lens types may not be recommended for me?
- How will each lens option affect my need for glasses?
- What is the likelihood of halos or glare with different lenses?
- Are there any risks or side effects associated with the lenses?
- How might my vision needs change as I get older, and how do different lenses support that?
- Based on my lifestyle and priorities, which lens do you feel would suit me best, and why?

There are no 'right' or 'wrong' questions. This is your vision, your choice.

For more info visit

[GALAXYSPIRAL.COM](https://www.galaxyspiral.com)