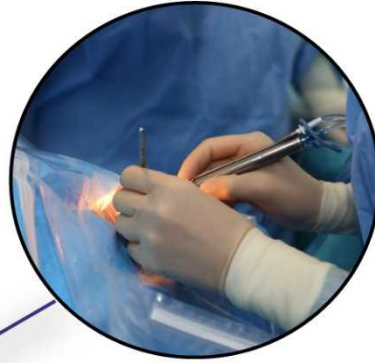




# PANTHEO

... EYE CENTER ...



## LenSX



because sight is precious



*Is an affiliated clinic and provides teaching facilities to*



**UNIVERSITY OF NICOSIA**  
**Medical School**

Please report to the reception

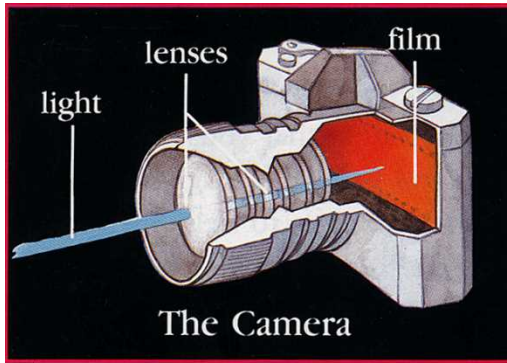
Pantheo Eye Center

On the \_\_\_\_\_ time \_\_\_\_\_

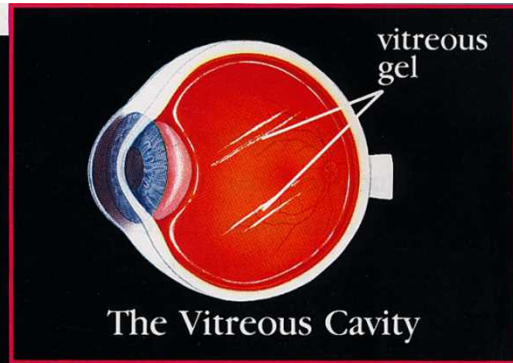
If you have been asked to use eye drops before your surgery please adhere to the instructions given to you.

Bring the drops with you so that the nursing staff can continue with their use after your arrival at the clinic.

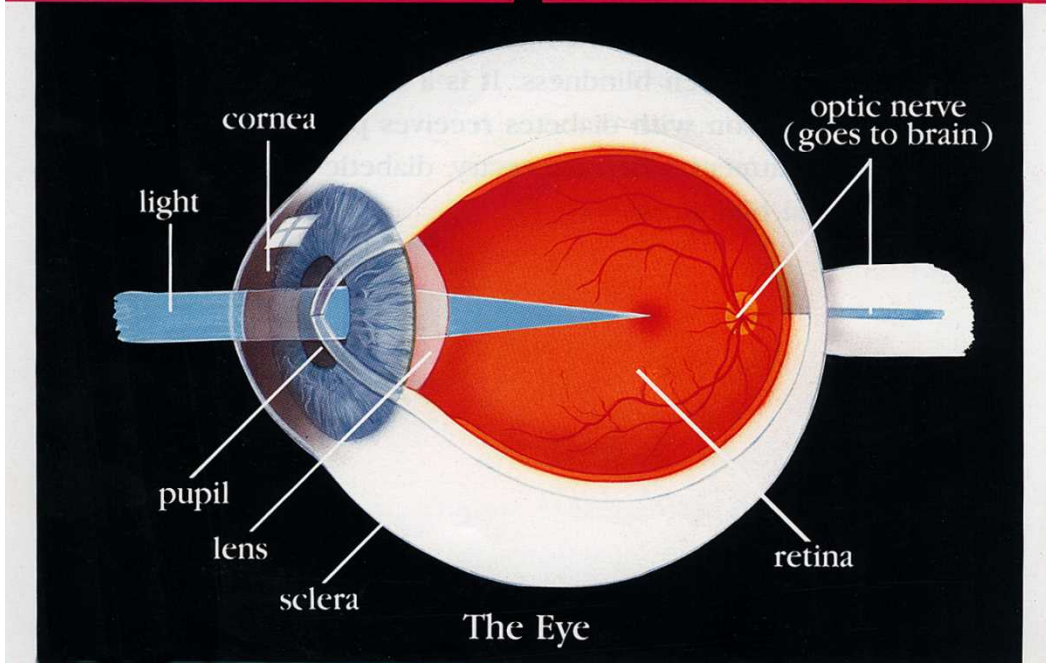
If you have not been asked to use drops do not worry this is not always necessary and depends on your particular treatment.



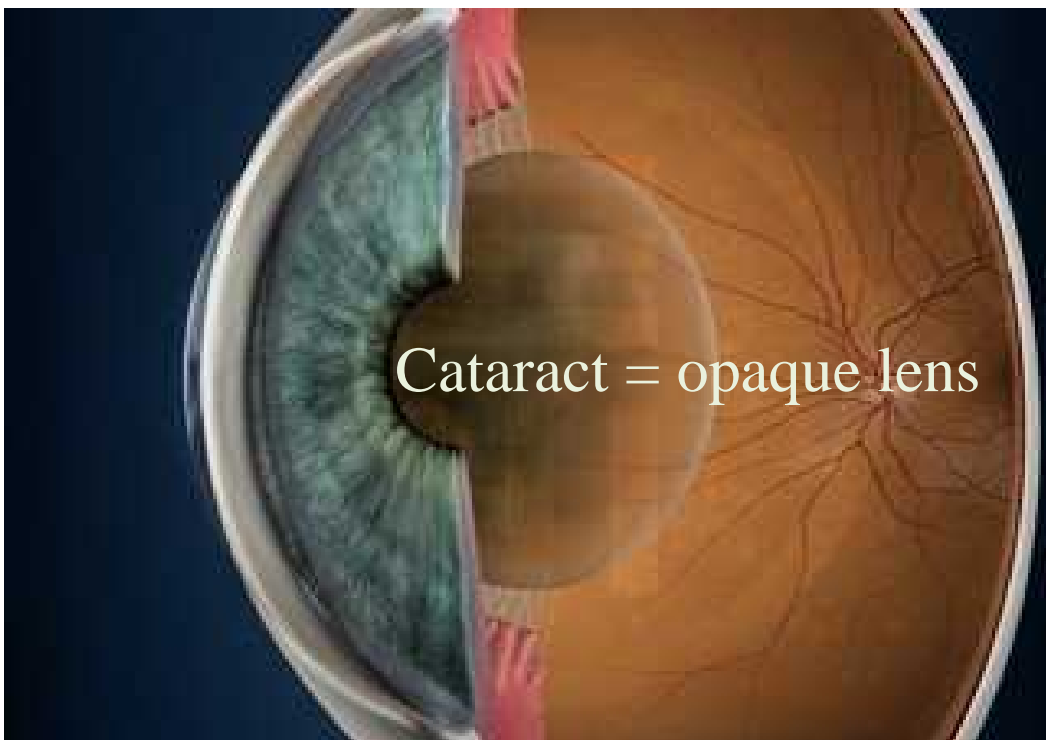
The Camera



The Vitreous Cavity



The Eye



Cataract = opaque lens

## ***What is a cataract***

The eye is like a camera. When you take a picture, the lens in the front of the camera allows light through and focuses that light on the film that covers the back inside wall of the camera. When the light hits the film, a picture is taken.

The eye works in much the same way. The front parts of the eye (the cornea, pupil, and lens) are clear and allow light to pass through. The light is focused by the cornea and the lens onto a thin layer of tissue called the retina, which covers the back inside wall of the eye. The retina is like the film in a camera. It is the seeing tissue of the eye. When the focused light hits the retina, a picture is taken. Messages about this picture are sent to the brain through the optic nerve. This is how we see.

When the lens of the eye becomes cloudy or opaque it no longer allows light to enter the eye and the vision deteriorates. An opaque or cloudy lens is called a cataract. This is what needs to be removed and replaced in order to restore vision.

## *LenSx Laser Cataract Surgery*

The LenSx laser is an image-guided, high-repetition-rate femtosecond laser that performs the most crucial steps of the cataract surgery with unparalleled precision. It represents the latest development in cataract surgery which is called FLACS (Femto Laser Assisted Cataract Surgery).



For decades, cataract surgeons used manual techniques to perform the intricacies of cataract surgery. Today, surgeons in state of the art Eye Centres around the world have the ability to perform these steps with the Femto Laser.

The LenSx completes the most difficult parts of the surgery with extreme accuracy. The surgeon using detailed computerized images and advanced OCT imaging of the eye, adjusts the Laser to create precisely positioned incisions in the cornea. The cataract is then fragmented by the Laser before finally being removed by the surgeon using ultrasound.

LenSx offers several surgical advantages over manual cataract surgery:

- Precision, control and reproducibility of incisions unachievable with manual techniques.
- Accuracy in depth and positioning of corneal incisions . critical in astigmatic control.
- Perfect centration and sizing of the capsulorhexis (opening in the cataract capsule) . critical in optimizing premium multifocal lens implantation
- Fragmentation of the lens substantially reducing ultrasonic energy use

It is important to understand that phacoemulsification is still a perfectly safe and successful method of removing your cataract. It remains in fact the most commonly used method.

LenSx gives advantages over phacoemulsification that relate to the accuracy of the final refractive result of the surgery and the need to wear glasses for distance and reading rather than safety of the final visual result.

## ***Preparation instructions for Laser Cataract Surgery***

Your cataract will be removed using LenSx Laser Surgery. This is a completely painless procedure of short duration. A foldable lens implant is then inserted into the eye and usually sutures are not required. You will be able to go home immediately after the operation is completed.

LenSx has a very high success rate but like all surgical procedures there is a small risk of complications.

These include vitreous loss, infection (endophthalmitis), choroidal haemorrhage and retinal detachment. In order to minimise the risk of complications it is very important to follow your pre and post operative instructions carefully.



## ***Pre operatively***

- On the day of surgery have a light breakfast and if you have been prescribed drops to use prior to surgery do so as instructed.
- If you are taking diabetic medication, heart or blood pressure tablets take them normally
- If you are using blood thinning medication or aspirin inform your doctor
- Report any allergies or previous adverse reactions to procedures or medications.
- You can come dressed in your normal clothing but short sleeves are preferable so that blood pressure monitoring is not hindered.

## ***On arrival***

- On arriving at the clinic please register with reception and you will be escorted from there to your room.
- You will be taken to the operating theatre by the nursing staff when it is time for your surgery, this is usually **between 1 to 3 hours after your arrival** depending on the preparation time necessary and how busy the theatre timetable is on that day.
- In the operating theatre you will receive some local anaesthetic drops 5 to 10 minutes before your surgery.

- Usually an injectable local anaesthetic is not necessary, if it is this will be explained to you.
- During the operation you will be wide-awake and you will be able to hear everything but you will not see or feel any part of the operation. You will be able to talk to the surgeon at any time and tell him if you have a problem.
- At the end of the procedure your eye will be closed with an eye pad and you will go back to your room.

### ***Post operatively***

- During your first evening after the surgery feel free to do as you please as long as you keep your eye pad dry and intact. If you develop a headache you can take your normal pain relief that you would use at any other time.
- Your eye pad will either be removed the day of your operation or the following day depending on your case. Your eye will remain open from then on. You will have reasonably good vision from day one apart from mild haze due to the enlargement of the pupil. This will improve over a few days and vision will continue to improve for a couple of months.

## ***Cleaning Instructions***

You will be given instructions for the use of drops on your first post-operative day. You must use your drops regularly and ***do not stop them unless you are asked to do so***. If you run out, buy a new bottle from the pharmacy.

- ***You must clean your eye for the first ten days using sterile water only. You can either purchase this from the pharmacy or boil water and allow it to cool. You must not wet your eye using tap water or shower water.*** .

*When showering keep the eye lids closed tightly, dry your head and clean the eye with sterile water and gauze.*

## **Dos and don'ts**

From day one after the surgery you can:

- eat and drink what you like
- read and watch television as much as you like
- return to normal activities as long as you keep your eye clean
- use your old glasses if you find these helpful. If not then don't use any glasses at all
- wear dark glasses if you want to and if they make you feel more comfortable but they are not necessary

## **For two weeks you must NOT:**

- lift weights greater than 20Kg
- get shower water or tap water into your eye
- go swimming
- get dirt or dust into your eye

**It is normal to feel mild discomfort and have mild swelling around your eye for the first few days.**

### **Inform your doctor if:**

- you have severe pain
- your eye becomes very swollen
- your vision is deteriorating rather than improving

If you have any further questions or worries telephone Pantheo and ask to speak to the nurse or your doctor.

Tel. 25735353 / 99384114

## ***Map for Pantheo Eye Centre***

Stay below the Ayia Fyla fly-over. **From Nicosia** this is the forth fly-over and the forth roundabout. **From Paphos** this is the second fly-over but the third roundabout.

For Pantheo Eye Centre turn towards the city centre. You will cross three sets of traffic lights and three pedestrian crossings, so a total of six sets of lights.

At the third set of traffic lights (sixth set of lights if you counted the pedestrian crossings) on the opposite corner you will see Yazoo store with CTL College above it. Turn right onto Spyros Kyprianou Avenue. Take the forth left onto Robert Kennedy Street. The clinic is 100m on your left.

**From Nicosia – forth flyover,  
forth roundabout**

**From Paphos – second  
flyover, third roundabout**

Mediterranean  
Hospital

**Ayias Fylaxeos Flyover**

**Nicosia**

**Paphos**

Polygnostou Str

Vasileos Georgiou B Str

Ierou Lochou Str

Spyros Kyprianou Avenue

Ayias Fylaxeos Str

Yazoo /  
CTL

PASCAL

Petrou Tsirou Str

Timokreontos Str

18 Robert Kennedy Str

**PANTHEO**

**PANTHEO**

Right at the third traffic lights (opposite  
corner you will see Yazoo / CTL College)  
then forth left

## *Notes*



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