

Cataract experts IN EAST AUCKLAND



**SHUAN DAI, MARK DONALDSON,
PENNY McALLUM, ANDREW RILEY**

At Eye Doctors, modern-day miracles happen on a regular basis. Restoring sight to those who have lost their vision due to cataracts is just one of the life changing services offered in east Auckland.

Eye Doctors have convenient clinics in Half Moon Bay Marina and Botany Junction, as well as Ascot Hospital in Remuera. They perform surgery at Ormiston Hospital in Botany Junction and Ascot Hospital, and are one of the leading providers of cataract surgery in the country.

Eye Doctors boasts a highly-skilled team, including four surgeons; Drs Penny McAllum, Andrew Riley, Shuan Dai and Mark Donaldson. All surgeons have trained extensively in New Zealand and overseas, and have many years of hands-on experience. Eye Doctors offers comprehensive eye care, with a personalised approach, to ensure patients receive the best care possible.

Practice Manager Monique Morrison says continuity of care is something patients value greatly.

“Patients are assured they are in good hands every time they visit. They’re not being shuffled from one person to another and are never left in the lurch; yet there’s always a backup surgeon available for emergencies.”

The most common operation

undertaken by Eye Doctors is cataract surgery. It is a quick and painless procedure, which can be done whether the cataract is just starting to affect the vision or is much more advanced. It makes a huge difference to people’s lives.

“Some patients turn up virtually blind and after the surgery they can see again!” says Monique.

“It’s the most rewarding part of the job for our surgeons – giving someone their sight back.”

Once surgery is completed, patients can go home the same day with a post-operative cataract kit filled with helpful information and eye drops. They follow up with their surgeon, generally the next day and then one month later, but they are able to contact them anytime, giving them peace of mind.

In addition to cataract surgery at Eye Doctors, the specialist team covers a wide range of conditions, including pterygium surgery, eyelid surgery, squint surgery and management of glaucoma, retinal disease and ocular surface diseases.

Each surgeon has different areas of subspecialty interest and all work in the public health care system as well as in private practice. They have published widely in ophthalmology journals and travel to the Pacific Islands regularly to volunteer their expertise.

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When visiting any Eye Doctors’ clinic, patients are instantly made to feel welcome and comfortable by a long-serving, friendly team of support staff. Some staff members are also fluent in Mandarin.

A Southern Cross affiliated provider, Eye Doctors makes it easy for patients to make claims from Southern Cross insurance, as well as other insurance providers.

For personalised eye care and crystal clear vision, call or email Eye Doctors. No referral needed.



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ALL ABOUT CATARACTS

What is a cataract?

Like a camera, every eye has a lens. When the lens inside your eye clouds over, it reduces the amount of light reaching the retina. This makes it difficult to see clearly and is called a cataract.

What causes a cataract?

In most cases cataracts develop as a normal part of the ageing process. By the age of 70, nearly everyone has some degree of cataract formation. Sometimes younger people may develop cataracts due to an eye injury, specific medications such as steroids or diseases such as diabetes.

What are the main symptoms of a cataract?

Glare or sensitivity to bright light are common early symptoms. Vision then typically becomes progressively blurred, foggy and sometimes doubled. Colours often become duller and darker.

What does cataract surgery involve?

Modern cataract surgery restores eyesight by removing the cloudy lens in the eye and replacing it with a clear artificial lens. Eye Doctors uses the latest small incision techniques and up to date equipment, helping to ensure the fastest recovery and best possible vision. Cataract surgery can be carried out under local or (very rarely) general anaesthesia.

How long does cataract surgery take?

The procedure itself generally takes about 10-20 minutes. Patients go home the same day after spending two to three hours at the hospital.

How long does it take to recover from cataract surgery?

A patch is usually worn overnight following surgery and patients are advised not to drive until given clearance by the surgeon, often the next day. Avoid rubbing the eye, very strenuous activity and swimming for a week; most other activities can be resumed straight away.

Is cataract surgery safe?

Removal of a cataract is the most common eye operation and one of the most common surgical procedures performed in New Zealand. It has a very high success rate due to the modern methods used by Eye Doctors. Like any operation, there is a small risk of complications which your surgeon will discuss with you.