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Surgical outcome of Posterior polar cataract in adults

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Introduction: Posterior polar cataract (PPC) is a relatively uncommon form of congenital cataract accounting for around 0.5% to 2% of the total cataract. A posterior polar cataract presents a special challenge to the phaco surgeon because of its predisposition to posterior capsular dehiscence during surgery. Incidence of posterior polar cataract ranges from 3 to 5 in 1000.

Methodology: Prospective descriptive study done at biratnagar eye hospital from dec 2016 to March 2017. A detailed slit-lamp biomicroscopy of the anterior segment, intraocular pressure and dilated fundus examination were performed in all patients after checking for visual acuity and refraction.

Result: Total of 60 eyes of 59 patients were included in the study, out of which only 3.05% had posterior capsular rupture. Mean age of patients in our study was 49.35 ± 9.5yrs (range 35 – 73yrs). There were 34 male patients and 26 female patients, 4 had family history. Mean axial length was 23.40mm. Out of 60 eyes 12 eyes had bilateral posterior polar cataract. Mean preop visual acuity was 0.949 while first post operative visual acuity was 0.5137, which was statistically significant ($P < 0.0001$) (paired t test).

Conclusion: Intraoperative complications during posterior polar cataract surgery can be minimized by careful and appropriate surgical procedure.

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