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## Treatment of glaucoma with cataract by combined surgery (phacoemulsification with IOL with trabeculectomy)

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Mizoram is a small state in the North Eastern part of India. Hence, all Ophthalmologists have to practice as general ophthalmologist treating all diseases of the eye. In my practice of over 20 years, I have come across a number of patients having glaucoma associated with cataract. Many of the patients have lens induced glaucoma. In such cases, the best treatment is to do a combined surgery after controlling the IOP. In combined surgery, the trabeculectomy and phacoemulsification incision site may be done at different sites. Usually the trabeculectomy is done at 12 O'clock site and the phacoemulsification is done at the temporal site with the surgeon sitting position or first the trabeculectomy is done at one sitting and then phacoemulsification with IOL implantation is done at a second sitting. In some cases, first phacoemulsification with IOL implantation is done which alone may control the IOP in cases of intumescent cataract. In some cases, phacoemulsification with IOL with trabeculectomy is done at the same site i.e., at 12 O'clock position. This method is the best so far in my experience. First, after making a fornix based conjunctival flap, a partial thickness scleral flap is made. Then, the trabeculectomy site is marked with a sharp knife and then phacoemulsification with IOL implantation is done under the scleral flap. This reduces the postoperative astigmatism. After this, the trabeculectomy is done and sutures are passed. When combined surgery is done, two surgeries are incorporated into one surgery. This saves the patient having to undergo two operations at two sittings which are cost effective, time saving and emotionally less traumatic. It also gives the best results.

### Biography

Enghmingliani Ralte has completed her MBBS from Lady Hardinge Medical College, New Delhi and MD (Ophthalmology) from Rajendra Prasad Centre for Ophthalmic Sciences (All India Institute for Medical Sciences) New Delhi, India. She has worked in the Government of Mizoram for more than 23 years. At present, she is the Head of the Eye Department in Civil Hospital, Aizawl, Mizoram.

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