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## Novel phaco-technique nucleus sculpting before hydrodissection

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**Objective:** To evaluate the safety, benefits and efficacy of initial nucleus sculpting before hydrodissection in different grades of cataract surgery.

**Subjects & Methods:** 100 eyes of 68 patients were included in the study with different grades and types of cataract. All underwent coaxial 2.8 mm phaco-emulsification using oertli OS3 machine. After capsulotomy an initial groove was made in the nucleus followed by hydrodissection. After hydrodissection and nucleus rotation the groove was further deepened and nucleus was divided by half and then quadrants were emulsified. Pulse mode was used in all stages of emulsification; Bimanual I/A of residual lens cortex and foldable IOL implantation. Postoperative follow up was 6 months after surgery.

**Results:** All patients achieved UCDVA better than 0.7 one week after surgery, sculpting of the nucleus before hydrodissection facilitated the hydrodissection and allowed more fluid to be pushed in the capsular bag. Furthermore nucleus rotation was made easier by the presence of a hinge made by the initial groove. Furthermore it allowed refilling the AC with viscoelastic after the initial groove adding more protection to the corneal endothelium.

**Conclusion:** Initial nucleus sculpting before hydrodissection is an effective and safe phaco-technique and it appears to work good in different grades of cataract. Also it decreases the phaco-time and protects the corneal endothelium.

### Biography

Mohamed A Nasr completed his MD in Ophthalmology from Cairo University. He is a Member of the American Academy of Ophthalmology since 2010. He is also a Member of the International Council of Ophthalmology and the Egyptian Society of Ophthalmology. He is currently an Ophthalmology Consultant and Head of Ophthalmology Department in New Jeddah Hospital in Jeddah KSA. He has experience mainly in cataract surgery, glaucoma and vitreoretinal surgeries.

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