



## Golden Pearls to be a Good Phaco Surgeon

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To be a good surgeon you have to practice more and more and to read also, but in this short article I will mention some of the most important pearls that you have to know especially if you are a beginner Phaco surgeon.

You have to be very good with your finger movements especially in Phaco surgery it's your left hand which is needed for holding instruments so you should practice doing quite a lot of things with your left hand if you are right handed surgeon, and to do the same foe your right hand if you are a left handed surgeon.

Observe more surgeons... The more surgeons you observe the more good points you pick up from ever surgeon. Every surgeon has got a particular way of doing each step and that way may be different but better for a particular surgeon... So you can pick up the best points from each surgeon and refine your surgery to make it good. Youtube will help you so much to watch many and many different surgeons and multiple techniques for each step of Phaco surgery.

Pre operative assessment is very important, every case should be assessed by yourself pre operatively.

If you assess the case preoperatively you will be almost sure during surgery as to what to expect and you will prepare all surgery unusual requirements (iris hooks – capsular tension ring .....), So your surgery will be better because you can plan your surgery.

Before you start your operation, make sure that you have the correct IOL for your patient.

Also you have to know where you will make your incision in order to decrease the post operative astigmatism, as you have to make your incision on the steep axis.

No clutter in your mind... Be mindful and meditation helps.. There should be no distractions in your mind, The theatre should be kalm without any noise.

Some surgeons recommend music to help their mind calm down.

Phaco machine itself, every machine has different functions and If you are aware of all the functions and parameters of your phaco machine you can perform better for example the machine might have a certain mode for dealing with hard cataract or a mode for soft cataract. So as you are aware of all the perimeters and all the functions of your machine you will get better outcomes.

You have to learn from your mistakes, Once you have operated later it is important to review your cases... Ideally record all your cases so that if there is a problem you can go back and see what went wrong in order to see where was your mistake and refine the surgery accordingly in the future.

Good post operative assessment of patients... You may think you did a surgery fine but find post operatively some complications like corneal edema so that means you need to refine your surgery in the future to protect the cornea, also to assess the presence of any post operative complication.

If you had a complication you should treat it fast for example If you were not able to put an intraocular lens then plan the case for

a second IOL or glued IOL as soon as the case is fit to undergo this procedure.

Or if there was a nuclear drop or a retinal complication you should manage it or ask help from retina surgeon and not linger on with the complication.

Do each surgery with protection... It is not a race and you shouldn't hurry through it... Be very gentle treat the tissues with a lot of respect and each patient like a family member or friend and do the best you can for them.