

Standard coaxial phaco *vs* microincision cataract surgery: a corneal endothelium study

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Abstract

- **AIM:** To assess whether the new microincision cataract surgery (MICS) induces less endothelium damages than the standard coaxial phacoemulsification.
- **METHODS:** Two hundred consecutive patients affected by age-related cataract were randomly assigned to undergo phacoemulsification using either standard coaxial phaco (SCP) or MICS. Central cornea and 12 o'clock endothelial cell count, cell size variation coefficient, percentage of hexagonality and central cornea thickness were measured before and up to one year after surgery.
- **RESULTS:** One hundred and seventy-three patients completed the trial. At the one-year follow-up visit, the loss of endothelium cells was 6.5204% in the MICS group and 8.726% in the SCP group ($P < 0.00005$). There were no significant differences between the two groups in terms of coefficient of variation in cell size, percentage of hexagonal cells, corneal thickness the day after surgery and variation of endothelial cell density measured both at the incision site and at the central cornea. In patients with hard cataracts, the increase in endothelial cell density loss was higher independently of the procedure.
- **CONCLUSION:** MICS induces a significant lower endothelial cell density loss than SCP.
- **KEYWORDS:** microincision cataract surgery; standard coaxial phacoemulsification; age-related cataract

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INTRODUCTION

Since its introduction in 1967^[1], the ultrasonic phacoemulsification has represented the most effective

and advanced technique for removing cataracts although many other alternative sources of energy had been advocated without reaching the efficiency and safety that ultrasounds offer. During the year 2000, the development of the software that introduced the ultra-pulse technology, ultrasonic cataract surgery has become even a safer procedure. With this new technology, a reduction of the effective phaco-time with a fantastic improvement of the followability check the spelling and reduction of the temperature raise of the tip^[2-9] have been achieved. As a result, it is now possible to remove the lens through two incisions as small as one mm using a sleeveless phaco tip. Although there are several parameters that can be assessed to evaluate the quality of a cataract surgical procedure such as improvement in visual acuity or the increase in stromal thickness in the immediate postoperative time, the morphological and quantitative alterations of the endothelium are considered the most important^[10,11]. In fact, since 1967 the percentage of endothelial cell loss, which can vary from 3.2% to 23.2%^[12-15], has been considered as the most serious issue to consider for a successful outcome since endothelial cells do not regenerate significantly when damaged. However, some studies have also suggested that the morphometric analysis of the cell size and the morphological analysis of the cell shape could be in fact more relevant indicators of the endothelium viability^[16,17]. The aim of this study was to verify whether modern Micro Incision Cataract Surgery (MICS) induces less damage of the corneal endothelium than standard coaxial phacoemulsification.

MATERIALS AND METHODS

This prospective clinical study was carried out in the Eye Institute of the Ophthalmic-Oto-Neurological Department of the University of Florence over a period of 2 years: from December 2001 to April 2003. Two hundred patients were enrolled in this study. Microincision cataract extraction was performed in 100 patients (average age 75.78 years ranging from 56 to 80) and a standard coaxial phaco was performed in 100 patients (average age 75.52 years ranging from 52 to 79). All cataract surgeries were performed by the same surgeon (AF). The exclusion criteria were: Patients under the age of 40 or over 80. All eye pathologies that can compromise the visual recovery. The axial length was over

25mm and the eyes with any kind of corneal dystrophy or corneal scars. Patients with a preoperative endothelial cell density count less than 1 500 cells/mm². Before surgery, patients were divided in 4 groups according to hardness of their nucleus. To evaluate the cataract hardness, the Oxford Clinical Cataract Classification and Grading System [18] were used. In both procedures the same viscoelastic (Healon AMO Irvine, CA, USA) and the same balanced salt solution were used. All patients received topical anaesthesia. In 21 patients, a subtenonian injection of 1mL of lidocaine 2% was necessary in order to avoid pain.

Standard coaxial phaco was performed through a self sealing 2.75mm clear corneal tunnel placed in the supero-temporal quadrant in the right eye and in the supero-nasal quadrant in the left eye. Capsulorhexis was done using suitable forceps. After hydrodissection, the lens was phacoemulsified (Sovereign WhiteStar AMO Irvine CA USA) using a standard "stop and chop" technique (after a central sculpture the nucleus was cracked and the two eminuclei were chopped and phacoaspirated). Ultrasound microincision cataract surgery (MICS) was performed through two stab incisions of 1.1mm. One incision was done in the supero-temporal quadrant and the other in the supero-nasal. A trapezoidal tunnel was created using a diamond blade (Janach Srl-Como Italia) which allowed an internal incision of 1.1mm and an external one of 1.3mm. We used a trapezoidal tunnel rather than a rectangular tunnel since the latter renders tools manipulation in the anterior chamber very difficult leading to eventual corneal shrinkage that can impair patient's vision. A continuous circular capsulorhexis was performed using either a needle or a forceps designed to be inserted through a one mm incision (Janach Srl-Como Italy). Then, a sleeveless phaco chop technique was performed (Sovereign WhiteStar AMO Irvine CA USA) using a 19-gauge open ended irrigating chopper (Janach Srl-Como Italia) with the same modalities as described for the standard coaxial phaco group. This irrigating chopper guarantees an irrigation of 65mL/min with the bottle placed at 110cm and an irrigation of 77.20mL/min with the bottle placed at 140cm. The same machine setting was used for all procedures: Phase 1-maximum flow 24mL/min, maximum vacuum 30mm Hg, power 60%; Phase 2-maximum flow unoccluded 24mL/min, maximum flow occluded 20cc/min, maximum vacuum 250mmHg, power 30%. The residual cortex was aspirated with a bimanual irrigation aspiration technique. An acrylic 3-piece 6mm foldable lens (AR40e AMO Irvine CA USA) was implanted using the Emerald injector (AMO Irvine CA USA). In the MICS group, an enlargement to 2.75mm of one of the two stab incisions was necessary. At the end of the operation a nylon monofilament single stitch was made in all patients.

Endothelial cell density was measured using the Confoscan (Nidek Technologies version 3). With also used this instrument to measure the coefficient of variation of cell size (polimegatism) and the percentage of hexagonal cells (pleomorphism) (Figure 1). Endothelial cell density count and cell morphology were assessed before surgery and at 1 month, 3-month, 6-month and 1 year after surgery. Corneal pachymetry was assessed using the Confoscan (through Z-scan analysis). In brief, Z-scan analysis consisted in calculating separately pachymetric values of the tear film, the epithelium, the anterior stroma, the posterior stroma and the endothelium by detecting the differences in light reflectivity at each interface (air-tear film, tear film-epithelium, epithelium-Bowman's membrane *etc*). Pachymetry of the cornea in toto is represented by the distance between the two major reflectivity spikes (air-tear film and endothelium-anterior chamber). Corneal pachymetry was evaluated at the preoperative examination and one day and three months post-surgery. Regarding the repeatability of the tests, the automatic lining up system of the Confo-Scan allowed us to successfully repeat scansions made along the patient's visual axis. This area is equivalent to 300×600 microns.

The corneal endothelium evaluation and the corneal pachymetry were not only performed in the central cornea but also within the incision area. With this instrument scansions in extra-axial areas, even when placed at the extreme corneal periphery, are feasible. To obtain peripheral scansions we created an instrument made of 8 red leds placed laterally on a 7cm diameter square. This square is attached externally to the Confo-scan microscope head. The leds are required as a fixation target for the patients and can be activated individually or in sequence (Figure 2).

To perform scansions on the clear corneal tunnel, the leds placed on the lower area of the square were used. The number of activated leds used for the scansion was indicated in the patient medical record. The number is assigned in a clockwise direction: 1=12 o'clock, 2= on the top left corner, 3= centre left and so on. The system of lining up, landing and scansion was used like a normal axial scansion and morphological and pachymetric data were archived as usual. The homogeneity of the two groups of patients regarding the nucleus hardness was evaluated using the Fischer test. The homogeneity in the average values of preoperative endothelial cell density in the two groups was evaluated using the Student t-test and the homoscedasticity test. The effect of the two procedures on endothelial cell density a year after surgery was evaluated with the homoscedasticity test and with the Wilcoxon test for independent data.

$P < 0.05$ was considered as significant.

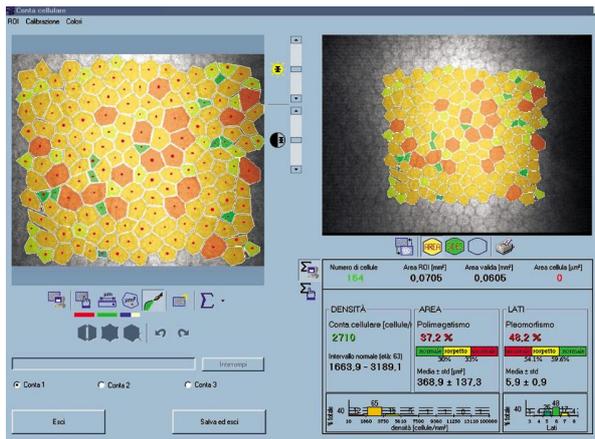


Figure 1 Polimegatismo and pleomorfismo values

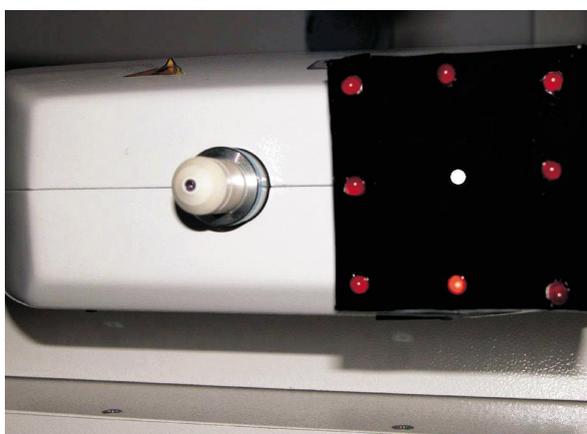


Figure 2 Instrument created to perform scansions in extra-axial area

RESULTS

Eighty-three patients of the MICS group and 90 of the standard coaxial phaco group completed the 1 year follow-up. The preoperative visit revealed a mean endothelial cell density count of 2570, 5081 in the group 1 and 2660, 3660 in the group 2. One year later, endothelium cells count decreased in both groups with an average loss of 6.5204% in the first group and 8.72632% in the second group (Table 1).

The corneal endothelial cells count before and after surgery is given in Figure 3. Comparison between the two groups was made by taking into account the variable "nucleus hardness" and data revealed a similar percentual distribution between the 2 groups (Fischer Exact test; $P=0.719$; Table 2). The variable ECDL in both groups was also characterized before surgery using the standard indexes (mean 2 570.51 *vs* 2 660.37, median 2 578 *vs* 2 672, standard deviation 326,6 415 *vs* 319). The distribution of ECDL frequency was also similar between the two groups as illustrated in Figure 4. Since the distribution of the 2 variables were almost normal, we also verified the homogeneity of the variances (homoscedasticity test; $P=0.83$).

Table 1 Endothelial cell density loss in MICS group at the one year follow-up

	Preop	3mo	6mo	12mo
max	3328	3138	3148	3120
min	1860	1770	1765	1750
Av	2570,5081	2444,8360	2428,8196	2402,9016
% loss		-4,8897	-5,5191	-6,5204

(Av=average; Preop=Preoperation)

Table 2 Comparison of the two groups according to the variable nucleus hardness (Fischer Exact test)

nh	1	2	Total
1	8	10	18
	13.11	8.93	10.40
2	26	46	72
	42.62	41.07	41.62
3	18	41	59
	29.51	36.61	34.10
4	9	15	24
	14.75	13.39	13.87
Total	61	112	173
	100.00	100.00	100.00

Fisher's exact=0.719

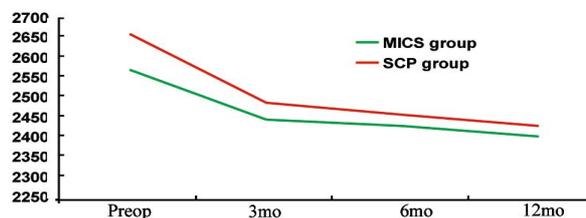


Figure 3 Corneal endothelial cell count before and after surgery in the two groups.

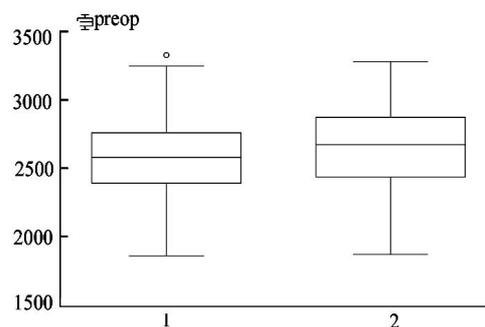


Figure 4 Distribution of the variability preoperative ECDC in the two groups

The impact of the two surgical techniques on endothelial cell loss pre-versus 12-month post-surgery was then evaluated. The percentual differences in both groups were calculated with the standard index (Table 3). The two distributions (pre and postoperative ECDL) were characterized by strong different standard deviations (1.73 *vs* 2.61, Figure 5).

Table 3 Percentual differences in the two groups calculated with the standard indexes (dif~100)

G	F	Mean	Med	Sd	Iqr
1	61	-6.535931	-6.503496	1.73156	1,777448
2	112	-8.814597	-8.678889	2.61143	3.346586

(G=group; F= Frequency)

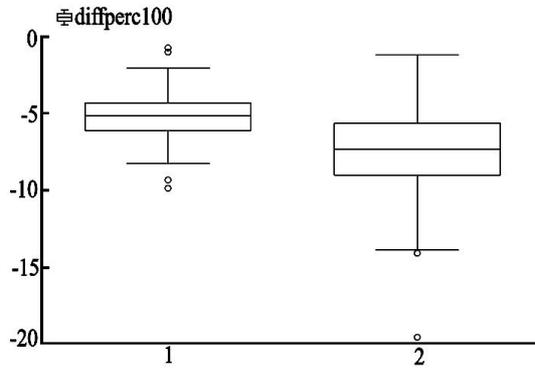


Figure 5 Distribution of the variability ECDL at one year follow-up in the two groups

The homoscedasticity test demonstrated a significant difference in variability ($P=0.0006$). Since the conditions necessary to use the Student t test were not satisfied, data were analyzed using a non parametric test (Wilcoxon test for independent data). A great statistical difference was shown between the 2 groups ($P<0.00005$).

As for the mean cell loss at different corneal positions, there were not significant differences between the 10 o'clock position and the center of the cornea (standard coaxial phaco group $P=0.08$; MICS group $P=0.123$). The coefficient of variation of cell size (polimegathism) and the percentage of hexagonal cells (pleomorphism) did not vary over time in each group and were not statistically different between groups as measured at the 12 month follow-up (Student t test, $P=1.53$). At the first post-operative day, corneal pachymetry increased in both groups with an average increase of 4.101% in the MICS group and of 4.420% in the standard coaxial phaco group. This difference was not significant (Student t test, $P=1.45$). Three months later, corneal thickness in both groups had returned to the preoperative levels.

Comparison of ECDL at the centre of the cornea and at the site of the incision showed significant differences in both groups (MICS $P<0.001$; Coaxial phaco $P<0.0005$). This difference was not significant between groups. However, the ratio between the 12 months ECDL and the nucleus hardness in both surgical groups showed some significances between patients with nuclei grade 4 and patients with nuclei grade 2 (Table 4). ECDL and the age of the patients in both surgical groups were not correlated.

Table 4 Ratio 12mo ECDL and nucleus hardness

Nucleous hardness	Number of patients	ECDL at 12mo follow-up	
MICS	1	8	- 4.926
group	2	26	- 6.542 $P<0.0005$
	3	18	- 6.388 $P<0.0005$
	4	9	- 9.221 $P<0.0005$
Coaxial	1	10	- 5.228
Phaco	2	46	- 8.612 $P<0.001$
group	3	41	- 9.315 $P<0.001$
	4	15	- 9.586 $P<0.001$

DISCUSSION

It is well known that during cataract surgery many different factors can generate endothelial damages^[10,19-21] including the impact of the nuclear fragments, the turbulence generated in the anterior chamber and the volume of the liquid^[22-25], air bubbles formation^[26], the amount of the ultrasonic energy used^[10,27,28] and the subsequent temperature increase^[29], contacts with the surgical instruments and the IOL during implantation^[30-32], the release of free radicals^[33,34], the length and the features of the incision^[27], the surgical techniques used^[35-37] and the intraoperative complications such as posterior capsule rupture. The risk of endothelial cell density loss is further enhanced when surgeons have to deal with high-density cataracts, shallow anterior chambers^[38,39], old age^[38] and short eyes^[39]. However, within the last few years, the improvement in technologies has allowed us to optimize many of these parameters. The introduction of new ultrasonic phacoemulsifiers has lead to a critical reduction in the ultrasounds and a great increase of the fluidics with the subsequent dramatic improvement of the followability and the holdability. In addition, the development of new viscoadaptive viscoelastic has provided significant endothelium protection^[40-43] from turbulence, from nuclear fragments and contact with surgical tools as well as from chemical bonds^[39,43,44].

Along with these technological improvements, the concomitant development of new surgical techniques has further minimized the risks of endothelial damages. This includes the transition from intracapsular to extracapsular technique and then from extracapsular to phacoemulsification. Later on, the introduction of the ultrasonic pulses has lead to the so-called microincision cataract surgery. Despite many attempts and interesting results^[45-49], none of the machines tested could achieve the same efficiency, safety and corneal microincision than standard coaxial ultrasonic phacoemulsification offers.

Microincision cataract extraction seems to present many advantages in comparison to the standard coaxial phaco

although the lack of intraocular lenses that fit through microincision is still a limiting factor. This procedure provides an amount of energy that is inferior to what is traditionally used with the coaxial technique. This is due to the increase in fluidics which provokes an increase in followability and holdability. Another advantage of the technique is the possibility to keep irrigation separate from aspiration allowing the utilization of the flow like a tool. The flow can be used to flush nuclear fragments trapped under the tunnel but also to press down the posterior capsule in order to avoid the anterior chamber to collapse when the chopper is pulled back to the incision site. Furthermore the separated irrigation flow can be helpful in complex cases such as in patients with a small pupil or in patients with a floppy pupil that moves during aspiration with a big risk of nicking the pupil margin. By directing the irrigation flow directly to the iris, the surgeon can hold the floppy pupil in place. Patients with a limited zonular dialysis can also benefit from this procedure. The bag can be maintained in position by holding the irrigation flow in the direction of the dialysis, thus increasing the safety of the surgical procedure. In this present study, we compared the performance of MICS and standard coaxial phacoemulsification with respect to endothelial cell loss and morphology. One year post-surgery, our data revealed that MICS induced significantly less endothelial cell loss than standard coaxial phaco although no morphological and morphometric differences were found between the two groups. This finding in favour of the MICS technique can be explained by the significant reduction of the infusion volume due to the reduction of the wound leakage. In fact, the insignificant temperature increase of the tip allowed us to perform the procedure through two perfectly water tight incisions. The reduction of the fluid movements in the anterior chamber led to a reduction of the particle chatter thereby minimizing the impact on endothelial cells.

There is accumulating evidence that ultrapulse technology is effective in reducing the temperature of the tip during phacoemulsification [51-54]. In agreement with these data, we also showed in a study partially presented at the 2005 ASCRS congress in Washington ("Microphacoemulsification versus standard coaxial phacoemulsification: *in vivo* temperature study"), that ultrapulse technology prevented the development of high temperatures in the cornea and therefore corneal damages were minimized. This is likely the result of the increase of the fluidics that reduces the ultrasonic energy used and the fact that sleeveless phaco tips reduce the frictional heat at the incision site. Our study also showed that some alterations in the coefficient of variation in cell size and the percentage of hexagonal cells were present in both groups but only in the immediate

postoperative phase to finally return to pre-operative levels a month later. These results are particularly relevant since it has been suggested by several authors that polymegathism and pleomorphism were the most important indicators of endothelial damage [17,19,55-58].

The greatest ECDL at the site of the supero-temporal tunnel in the right eye and at the supero-nasal tunnel in the left eye was related to the strongest mechanical damage caused by the surgery. However, at the three-month follow-up, ECDL values were similar between the different corneal sites. The fact that there was no difference between the two surgical groups is probably linked to the need to enlarge the incision at the end of the operation in the MICS group. We also observed a significant statistical correlation between the nucleus hardness and ECDL at one year follow-up in both surgical groups. This relationship is consistent with what has been previously reported in the literature [10,27,38,39] and confirms that a hard nucleus should be considered as an important risk for ECDL as a consequence of increased surgical time, greater amount of delivered ultrasounds and a larger infusion volume which may damage the endothelium. Interestingly, we did not find a significant correlation between the patient age and ECDL. Similar data were reported by Schultz [59]. In contrast, other studies [10,38] reported that older age is associated with higher ECDL independently of the hardness of the nucleus. We also did not find a correlation between ECDL and axial length in our groups of patients as previously reported by others [39]. The consistency of our surgical procedure is likely due to the excellent anterior chamber stability guaranteed by the microincision. Working without leakage and with a software which amends the post-occlusion surge provides a continuous anterior chamber pressure control, an approach that ensures complete safety also in patients with a shallower anterior chamber. As reported by others [41,60], the day after cataract surgery we noticed a significant increase in the central corneal thickness in both groups that was not significantly different between the two surgical techniques. Typically, the corneal thickness increases when the barrier function of the endothelium is damaged and provides a mean to measure endothelium alteration. A few authors found a statistical significance correlation between the increase in stromal thickness the day after surgery and the endothelial cell density loss three and six months after the operation [61]. In the present study, the increase in the corneal thickness was temporally and gradually decreased within the weeks following surgery to finally returned to baseline values 3-month later.

Our study shows that both standard coaxial phacoemulsification and ultrasound microincision cataract surgery are reliable and safe methods for the removal of cataracts. MICS has the main advantage of allowing corneal incision

smaller than 1.5mm. This advanced technology will become even more popular when intraocular lenses that can fit through such microincision become available.

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