

18th International Conference of the
Research Institute of Ophthalmology

RIO 2026

Why and How to Enhance Your Surgical Performance



NETO**ROSATELLI**





- Ophthalmology residency 1988-89
- Private practice 1990-2018
- High-volume surgery since 1999
- Phaco since 1995
- 310,000+ surgeries



What Is the Meaning of “High-Performance Surgery”?



High-Performance Surgery

- Excellence in surgical technique
- Efficiency in surgical time
- Efficiency in material use
- The best surgical outcome for the patient



Patient Expectations of Cataract Surgery

- 1960': better vision (aphakia)
- 1970': get rid of high diopter aphakic glasses (IOLs)
- 1980': surgery got convenient and safer
- 1990': good vision without correction
- 2000': phaco refractive surgery
- 2005': better functional vision (aspheric IOLs)
- 2010': presbiopia correction (MFs, Torics)
- 2020': still struggling with presbiopia correction



Phacoemulsification Cataract Surgery (Patient perspective)

- Safe
- Fast
- Convenient
- Predictable
- Great expectations!

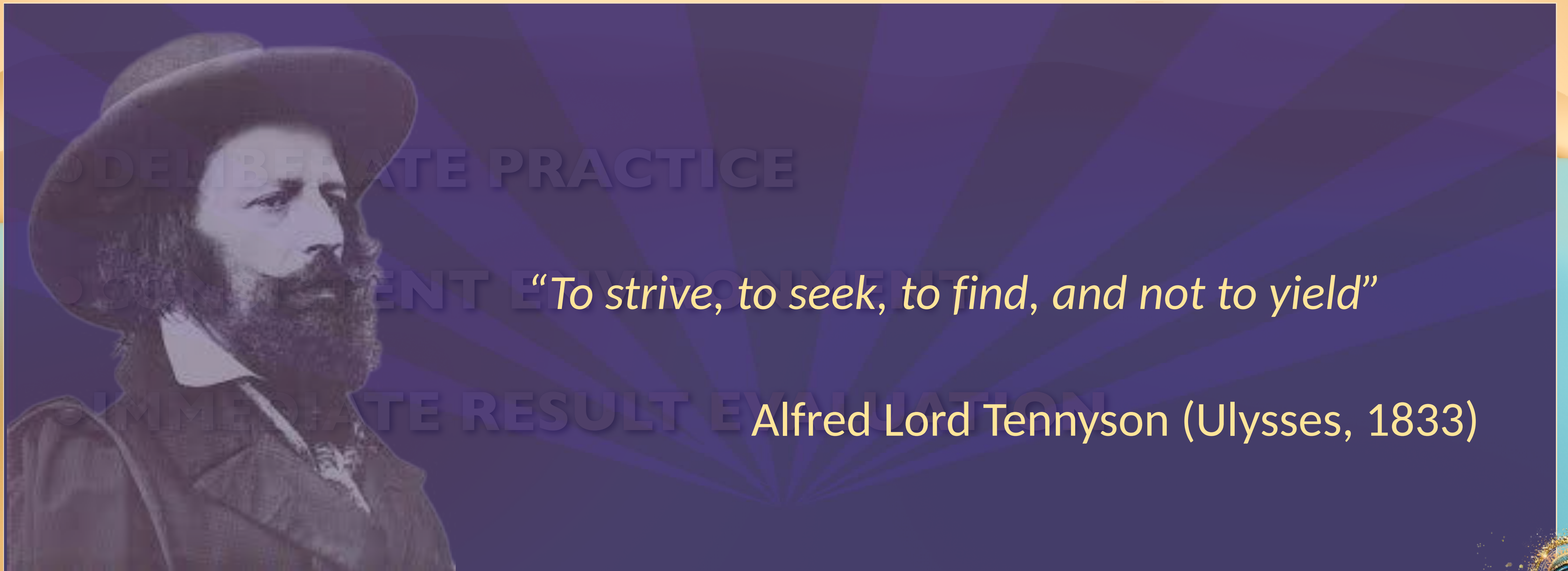


Phacoemulsification Cataract Surgery (Surgeon's Perspective)

- Essential part of the professional practice
- Technical excellence challenging to achieve
- Fast recovery
- Perfect refractive outcome
- Efficiency (time - material - cost)



Improving Your technique



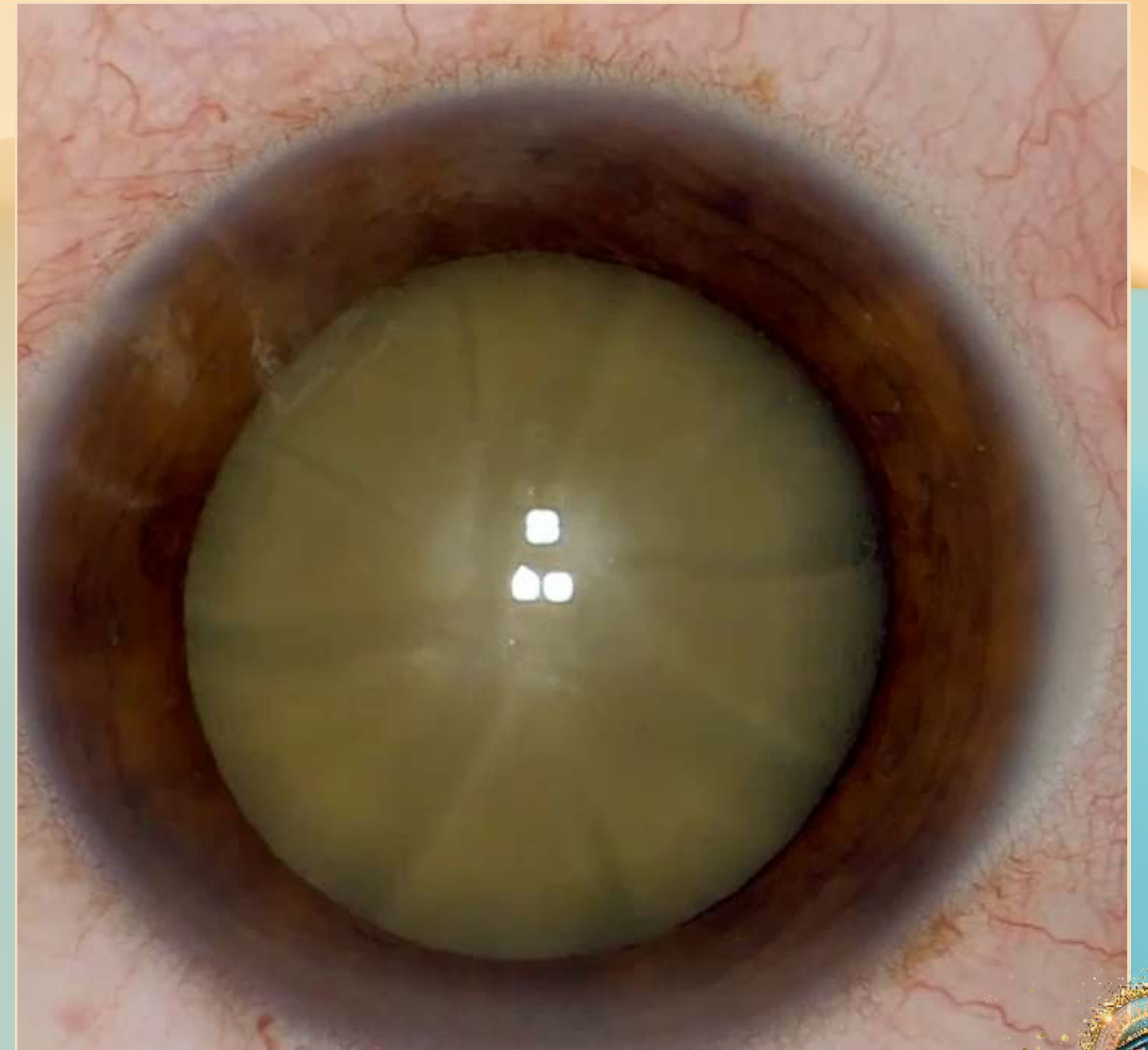
“To strive, to seek, to find, and not to yield”

Alfred Lord Tennyson (Ulysses, 1833)



Perform Each Surgical Step Perfectly!

- Phaco: a step-dependent surgery
- Control!
- Avoid performing the surgical step without control or “bureaucratically”
- Effort in perfect execution promotes improvement
- “Practice makes permanent, not perfect”
- One step at a time, always
- The perfectly executed surgical step saves time





Optimize Your Surgery!

- OPTIMIZE TIME BETWEEN SURGICAL STEPS - ELIMINATE "IDLE TIME"!
- TRAINED ASSISTANTS
- ORGANIZED TABLE
- MATERIAL READY TO USE
- ESTABLISH ACTION PROTOCOLS
- REDUCE SURGICAL TIME - ADVANTAGES
 - CONCENTRATION, FOCUS AND ATTENTION
 - BETTER FOR THE EYE
 - LOWER SURGICAL COST





Surgical
Team!





Assembling the Surgical Team



Team Coordinator!

- Key person for the team's success
- ~~Surgeon~~





Personal characteristics

- Methodical, rule-following
- Reliable
- Team mentality
- Availability



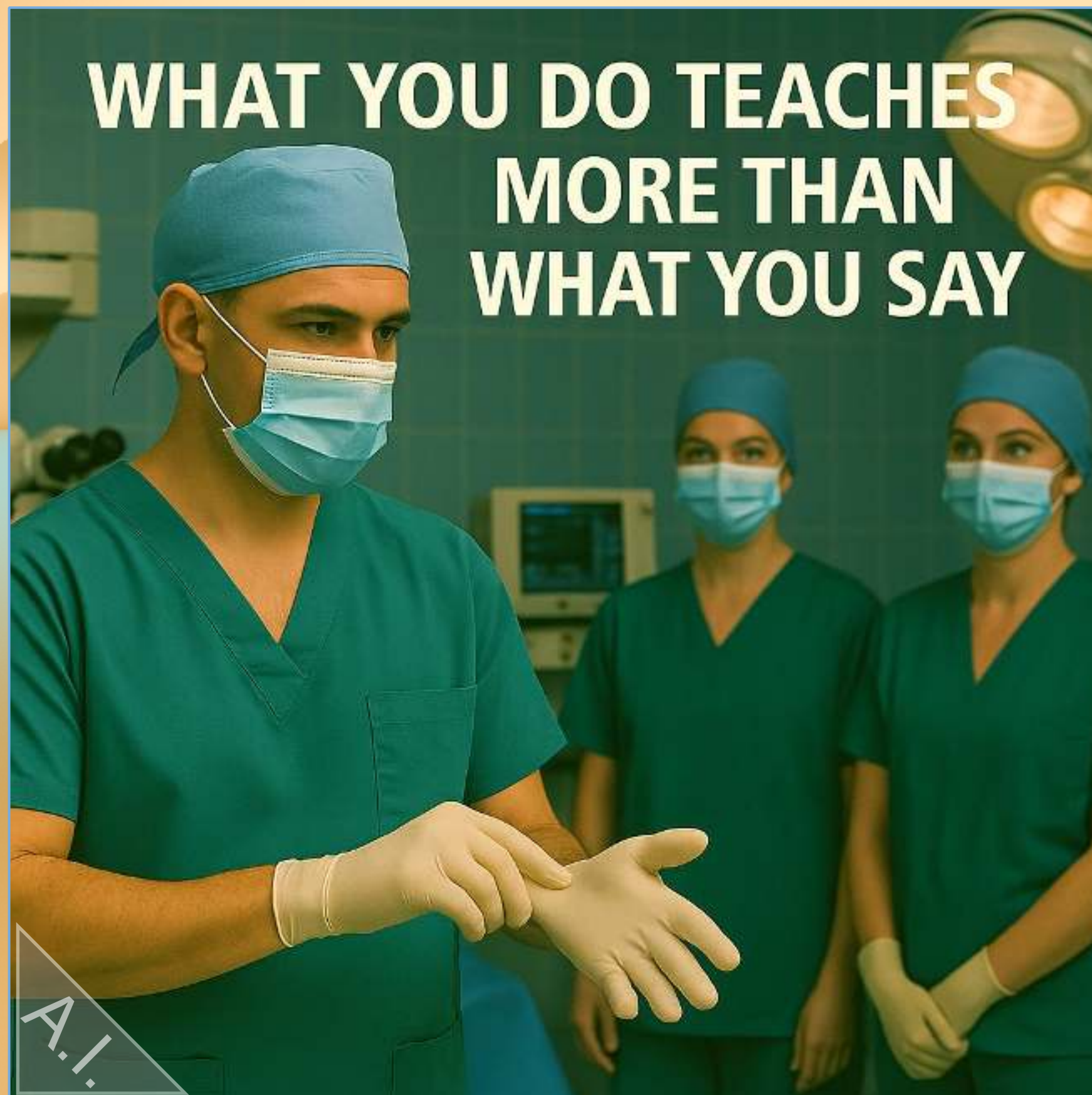
Task given, task done!

- Military Discipline
- "Fire and Forget"
- Responsibility





Lead by example



- Both the surgeon and coordinator must know how to perform all functions
 - Teach
 - Evaluate
 - Correct
- Respect



Personnel and team management

- Delegate tasks
- Praise in public
- Criticize in private
- Separate the professional from the personal side





The team works like a family



- Everyone takes care of each other
- Everyone depends on each other
- Chain mentality



Efficient communication

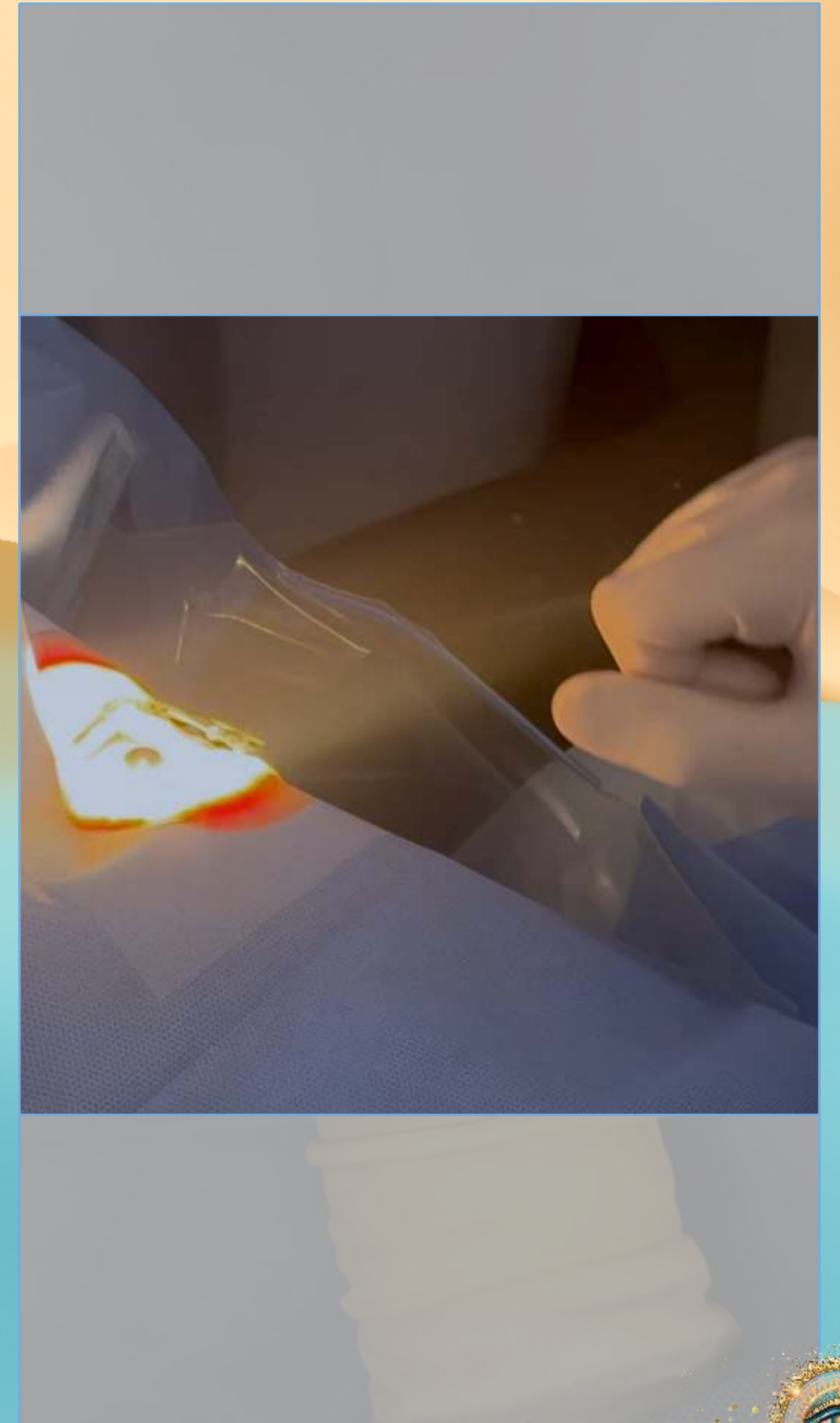
- Clear and efficient!
- Feedback: "Understood!"
- Verbal or otherwise

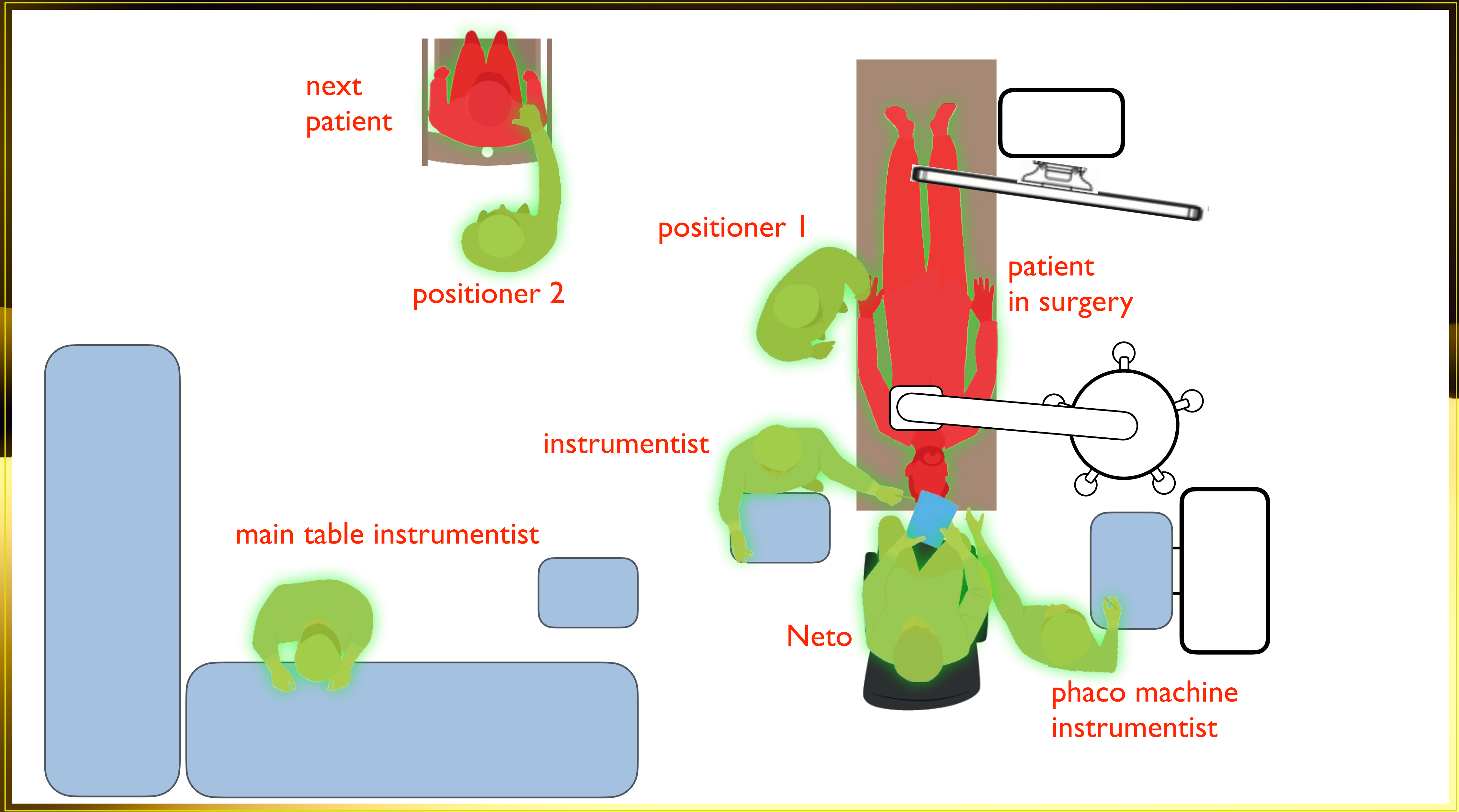




Efficient communication

- Gestures!







Panoramic OR view



View from phaco machine side





Record Your Surgeries (and review them!)

- No need for a sophisticated system!
- Identify:
 - Errors in technique
 - Difficult situations
 - Wasted (idle) time
 - Cause of surgical complications
- Learn from them!
- Show your surgeries to experienced surgeons



Wet Lab and Simulators

- Master your microscope
- Phaco equipment practice
- Footswitch training
- Surgical simulator practice
- Understand and practice surgical techniques





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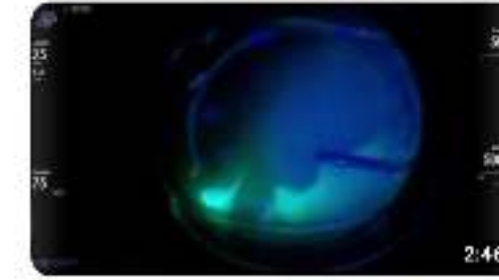
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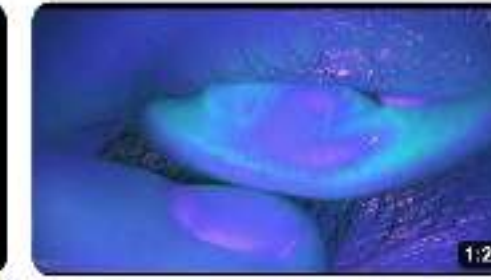
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Study Videos of Other Surgeons' Surgeries

- We learn efficiently through observation and imitation.
- Observing a well-performed technique improves understanding.
- As we gain experience, we notice details previously overlooked — revisit videos often.
- Active observation: watching an experienced surgeon do what you couldn't
- Learn from the complications of others.



Pupil Dilation

- Ensure **best pupil dilation possible!**
- Miosis: unnecessary complicating factor
- Insufficient dilation - poor preparation
- Absolute attention to:
 - Dilation time
 - Medication administration
 - Correct instillation technique



Cataract Surgery - My Thoughts

- Extremely personal
- It might be reproducible from surgeon to surgeon - or not!
- Each surgeon has a “personal technique” (adapted from existing ones - or not!)
- There is no such thing as “the best overall phaco technique”
- Surgery as an **ART**





Take Home Messages

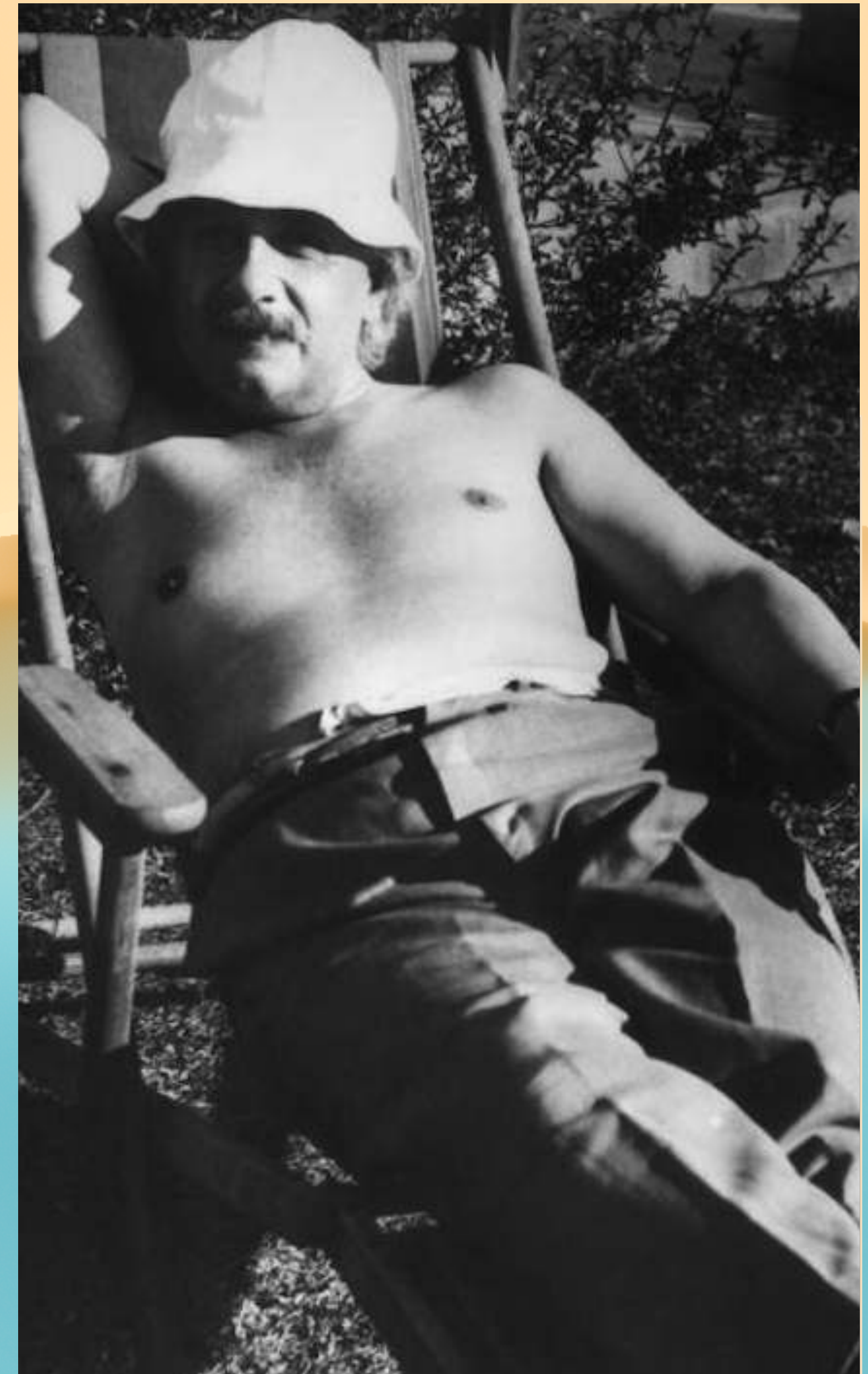
- Always keep improving your surgical technique
- Build and cherish your team!
- Quality surgical instruments and equipment always pays off in the long run
- The way to surgical speed and efficiency is **perfection in execution** - not hurry!



**“SOBALD WIR UNSERE GRENZEN
AKZEPTIEREN, ÜBERSCHREITEN WIR SIE”**

(ONCE WE ACCEPT OUR LIMITS, WE GO BEYOND THEM)

ALBERT EINSTEIN





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“THE CATARACT SURGERY CHANNEL”
<http://www.youtube.com/c/TheCataractSurgeryChannel>

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✉ rosatelli@mac.com



+55 41 99536-1663