

## Prick and pick technique of nucleus management using cystitome

Dear Editor,

Nucleus management in manual small-incision cataract surgery involves prolapse of the nucleus out of the bag into the anterior chamber and delivering it out from the anterior chamber.<sup>[1]</sup> Various techniques can be used to perform the steps.<sup>[2,3]</sup>

After the hydroprocedures, if one pole of the nucleus has not prolapsed out, it can be maneuvered out of the bag using either single sinsky hook or bimanually. While using a sinsky hook, it is gently inserted under the capsular margin to engage one pole of the nucleus, and then the nucleus is dialed out.

Modified technique to dial out the nucleus is as follows. A cystitome (the same 26-G bent needle used for capsulorhexis) is used instead of using sinsky hook. The cystitome is pricked into the substance of the nucleus near the capsular margin, and that pole of the nucleus is picked up and dialed out of the bag [Fig. 1].

The prick and pick technique has advantages in complex cases like hypermature cataract, pseudoexfoliation, and weak zonules, as it exerts less pressure on zonules and makes it safe. This method can also be useful when view of the capsular margin is compromised due to small pupil (as there is no need to take the instrument very near to the capsular margin or underneath it).

This technique can be performed irrespective of whether the nucleus is large, small, very hard, or very soft. It can be done in cases with capsulorhexis as well as can opener capsulotomy.

Different well-known techniques of nucleus management exist, which are comparable and effectively practiced as

per personal preferences.<sup>[4]</sup> Manual small-incision cataract surgery is a versatile surgery. Observing various modified techniques will help the novice surgeons to understand the vast possibilities and hence individualize their way of successfully performing it with ease.<sup>[5]</sup>

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### Conflicts of interest

There are no conflicts of interest.

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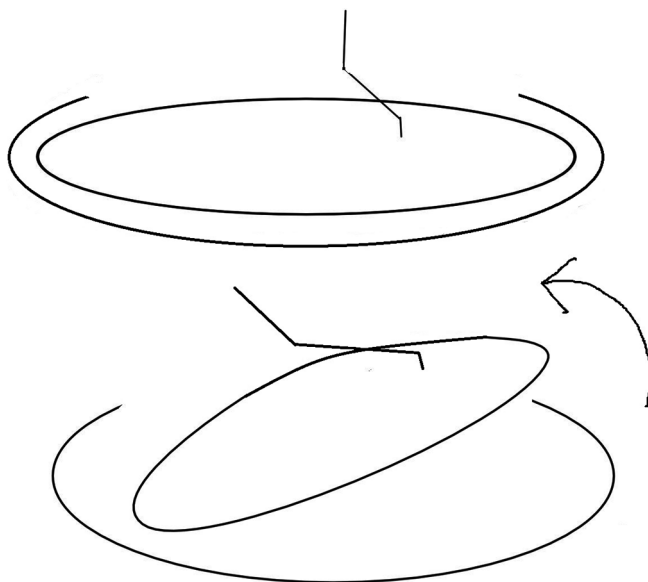
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**Figure 1:** A cystitome is pricked into the substance of the nucleus to pick it up and out of the bag

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