

# The art of precision

## A arte da precisão

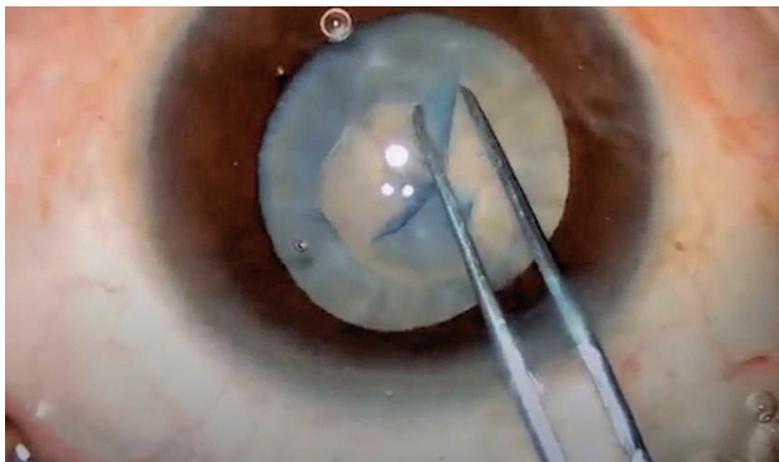
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Continuous curvilinear capsulorhexis CCC is a critical step in phacoemulsification and has a direct impact on the safety of the procedure and on the centering and stability of the intraocular lens<sup>1</sup>. For medical residents, the challenge is rarely “knowing the steps” but rather performing the capsulorhexis with fine control under magnification, where micromovements and tremor can alter the traction vector and compromise the quality of the capsular compromise the capsulorhexis edge and shape<sup>2</sup>. From an ergonomic standpoint, there is evidence that grip adjustments, finger positioning, and the use of hand rests reduce the impact of tremor and improve precision in ophthalmic microsurgery<sup>2</sup>. In addition,

controlled studies using virtual reality simulation have demonstrated improved performance and a reduction in capsulorhexis failure in the operating room, supporting structured training for safer learning from the very first cases<sup>3,4</sup>. In this video, these principles are applied in day-to-day clinical practice. It demonstrates a recommended grip for the Utrata capsulorhexis forceps and a nucleus chopper, with proper finger ergonomics and pivoting movement at the incision to control the instrument tip with minimal excursion<sup>5</sup>. Through observation and training, the aim of the video is to standardize a starting point, accelerate the learning curve, and ensure surgical safety from the very first cases.



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