said holding means and said lens body are of one-piece construction;

said holding means including only one post member radially extending from the lens body and at least one fixation means;

said fixation means being entirely separated from said lens body by said one support post member.

2. A flexible posterior chamber lens, for implantation within an eye, comprising:

a disc-shaped lens body having a front face, a convex rear face, and an outer peripheral edge;

flexible holding means secured to and extending around substantially the entire peripheral edge of said lens body and having an outer end disposed forwardly of said convex rear face and in a plane perpendicular to the optical axis of said lens body so that said holding means will engage substantially the entire capsular equator when the lens is implanted to reduce cellular migration into the opacification of the posterior capsule;

said holding means including two fixation elements having outer ends disposed forwardly of said convex rear face and in a plane perpendicular to the optical axis of said lens, for engaging substantially the entire capsular equator when the lens is implanted;

said holding means and said lens body are of one-piece construction;

said holding means including a support post extending radially outwardly from said lens body, a first fixation element extending from said support post around substantially one-half of the peripheral edge of said lens body, a second fixation element extending from said support post, opposite to said first fixation element, around substantially one-half of the peripheral edge of said lens body;

said first and second fixation elements being integrally formed with said lens body through said support post.

3. The lens of claim 2 wherein said first and second fixation elements have free ends spaced from each other.

4. The lens of claim 2 wherein the other ends of said fixation elements are connected to said lens body.

5. A flexible posterior chamber lens for implantation within an eye, comprising:

a disc-shaped lens body having a front face, a convex rear face, and an outer peripheral edge;

flexible holding means secured to and extending around substantially the entire peripheral edge of said lens body and having an outer end disposed forwardly of said convex rear face in a plane perpendicular to the optical axis of said lens body so that said holding means will engage substantially the entire capsular equator when the lens is implanted to reduce cellular migration into and the opacification of the posterior capsule;

said holding means including at least one fixation means having an outer end disposed forwardly of said convex rear face and in a plane perpendicular to the optical axis of said lens, for engaging substantially the entire capsular equation when the lens is implanted;

said holding means and said lens body being of one-piece construction;

only one support post extending radially and one end of a fixation element extending from said support post around substantially the entire peripheral edge of said lens body;

said fixation element having one free end.

6. A flexible posterior chamber lens, for implantation within an eye, comprising:

a disc-shaped lens body having a front face, a convex rear face, and an outer peripheral edge;

flexible holding means secured to and extending around substantially the entire peripheral edge of said lens body and having an outer end disposed forwardly of said convex rear face in a plane perpendicular to the optical axis of said lens body, so that said holding means will engage substantially the entire capsular equator when the lens is implanted to reduce cellular migration into and the opacification of the posterior capsule;

said holding means including at least one fixation means having an outer end disposed forwardly of said convex rear face and in a plane perpendicular to the optical axis of said lens, for engaging substantially the entire capsular equator when the lens is implanted;

said holding means and said lens body are of one-piece construction;

said holding means including a pair of generally semicircular shaped loops.

7. A method of surgery comprising the steps: of

removing a cataract by surgical procedure; and

inserting a flexible, PMMA lens implant of one-piece construction having a convex rear face;

said implant having a holding means including a fixation means in a position where the fixation means engages substantially the entire capsular equator in the capsular bag with said convex rear face of the implant being held rearwardly by a curved portion of the holding means to provide sufficient contact with the posterior capsule to stretch the same rearwardly enough to prevent cellular migration into the posterior capsule and prevent opacification of the posterior capsule.

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