



Cataract Patient Education

Cataracts and You

What is a Cataract?

A cataract is a common condition that causes clouding of the eye's natural lens, and affects millions of people each year. Cataracts are considered part of the natural aging process often causing people over the age of 60 to see a gradual, painless reduction of vision. Certain diseases such as diabetes can increase the risk of cataracts.

Cataracts can cause a variety of issues, including:

- Blurred or hazy vision
- Increase in glare
- Seeing halos around lights
- Yellowish tinged vision
- Poor vision at night
- Frequent changes in eyeglass prescriptions to accommodate changes in vision

Lifestyle Impact

Changes in your vision due to cataracts can have a direct impact on your lifestyle. Do you enjoy reading or doing crafts? Perhaps you like to play golf, tend to your garden, or go bike riding. Cataract surgery can help make everyday activities that seemed difficult, or even impossible, much easier to accomplish.

Reclaim Your Lifestyle

Our Commitment to Quality of Life

At **EYECARE PHYSICIANS & SURGEONS**, we believe that having good vision is essential to experiencing the fullness of life. We also understand that having cataracts can dramatically limit your functioning and independence. Thankfully, cataract surgery is a very common and safe procedure, frequently showing positive results right after surgery.

Cataract Patients Have Options.

There are now great opportunities for those who have cataracts. Traditionally, patients only had access to insurance-covered **Monofocal** intraocular lens implants (IOLs) which resulted in good distance vision after surgery, but left patients needing glasses if they had astigmatism or to focus on intermediate and close-up objects. However, now you can have a wider range of vision and a greater possibility that you will be less dependent on glasses due to today's breakthrough Astigmatism Correcting **Toric** Implants as well as **Extended Depth of Focus (EDOF) IOLs**.

You Have Some Decisions to Make. We Are Here to Help.

Making the choice for these implants is a one-time decision. We are here to help you understand your options and help you get the implant that is right for your eyes and lifestyle. Please take a moment to read this, and be sure to write down any questions that you may have. **We would be happy to discuss all available options with you.**

See What You're Missing.

A Life-Changing Opportunity

Cataract surgery is more than a medical experience, it can be a life-changing opportunity. Now, with the **Lifestyle Implants** such as **Toric** and **Extended Depth of Focus** technology, it is possible to have a wider range of vision.

Monofocal Lens Implants

A standard **Monofocal IOL** is like a regular pair of single vision glasses, enabling you to have quality distance vision. This type of lens implant is covered by Medicare and other insurance plans. Patients usually still need corrective eyewear for near and intermediate vision after surgery, as well as for distance vision if you have astigmatism.

Premium Options

These lens implants entail an **additional out-of-pocket cost** that Medicare and other insurance plans do not cover.

Astigmatism Correction with Toric Lens Implants

What astigmatism? Astigmatism is a focusing error of the eye that results in blurred vision. In a normal eye, the cornea (clear front cover of the eye) has a round shape (like a basketball). This allows the light rays that enter the eye to focus on the back of the eye (retina) and make a clear image. In an eye with astigmatism, the cornea has an oblong shape (like an American football). As a result, the light rays do not focus at the same point on the retina and parts of an object may not appear clear. During your eye exam, your doctor will be able to tell you if you have astigmatism.

If you have astigmatism and cataracts you may have the opportunity to address them simultaneously with a **Toric IOL**.

Extended Depth of Focus Technology

Extended Depth of Focus (EDOF) IOLs frequently allow you the ability to see from distance (such as TV and driving) to about arm's length (such as computer and music) further reducing the dependency on corrective eye wear. Many of our patients who receive these lenses report that they are much less dependent on glasses and contacts.

You Have Vision Options in Cataract Surgery

If you are a candidate, you will have the option of **Standard Monofocal** or a **Premium Toric or Extended Depth of Focus IOL**. Ask your surgeon which option might best fit your vision needs.

Everyone who is a candidate for cataract surgery will have questions. We will provide the information you need at your appointment, but feel free to talk to your doctor about any concerns you may have. We will also discuss **additional fees** that apply for the **Toric and Extended Depth of Focus IOL**

Evaluation and Surgery

Initial Office Visit and IOL Measurements

Your initial office visit with your ophthalmologist includes a comprehensive eye exam, diagnostic testing, and counseling regarding the cataract surgery. IOL measurements will then be performed. If you wear contact lenses, please keep them out for at least 1 week prior to your IOL measurements.

Preparation for Surgery

A nurse from The Surgery Center will contact you to complete a preoperative assessment a number of days before your scheduled surgery date. The Surgery Center will also give you your time of arrival. You will be asked to start your eye drops 3 days prior to your procedure. Do not eat on the morning of your procedure.

Surgery

Your surgery will be performed in a state-of-the-art, patient-centric surgery center. Our highly-skilled and compassionate staff will help ensure you have a positive experience.

Postoperative Care

After your surgery, you will be closely monitored by your surgeon and our experienced clinical staff. Plan to have a follow up visit in the office 1-2 days after your procedure.

*Thank you for choosing **EYECARE PHYSICIANS & SURGEONS***

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