



# GUIDE TO MODERN DAY CATARACT SURGERY

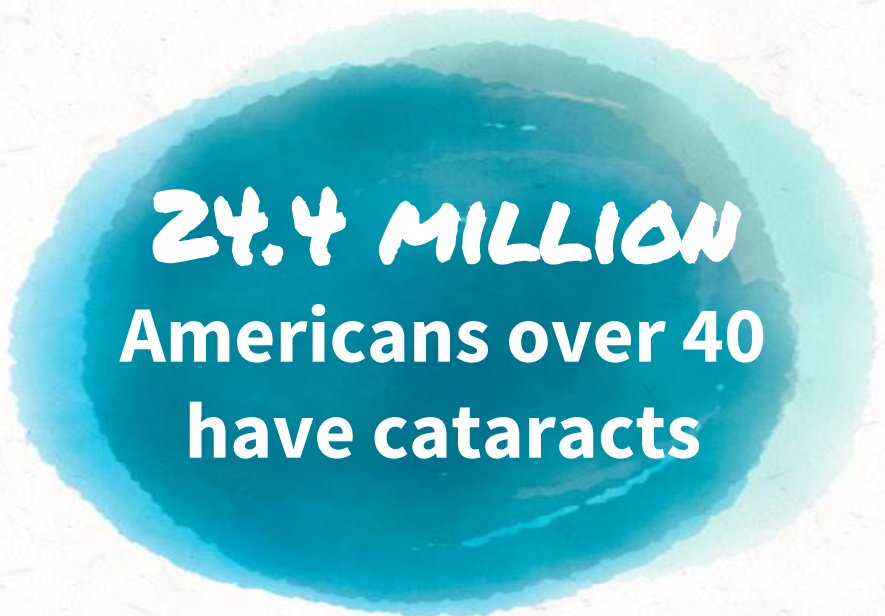


*What are Cataracts?*

# WHAT ARE CATARACTS?

Cataracts are a natural clouding of the lens of the eye. Cataracts form usually because of age, but there are eye injuries and certain medication can also make cataracts form.





**24.4 MILLION**  
**Americans over 40**  
**have cataracts**

# CATARACT SYMPTOMS

- ▶ Clouded, blurred or dim vision
- ▶ Increasing difficulty with vision at night
- ▶ Sensitivity to light and glare
- ▶ Seeing halos or starburst around lights
- ▶ Frequent changes in Eyeglass or Contact lens prescription
- ▶ Fading or yellowing of colors
- ▶ Double vision in a single eye

If you have any of these symptoms **you may have cataracts** and should see an eye surgeon.

## HOW ARE CATARACTS TREATED?

Cataracts are treated surgically by removing the clouded natural lens and replacing it with a synthetic clear lens.





*Which lens best fits my lifestyle?*

# CATARACT LENS OPTIONS

## **STANDARD MONOFOCAL**

These lenses, called monofocal, are used to correct for one distance, usually far, when removing the cataract and replacing the lens. The use of glasses after this type of cataract surgery is almost guaranteed.

## **ADVANCED TECHNOLOGY LENS IMPLANTS**

These lenses, also called premium, are lenses that will correct for eye abnormalities so the use of glasses after surgery is minimized or not needed at all. These lenses include Crystalens, Toric, ReSTOR and Symphony lenses.





**OVER 98%**

**Success rate for  
cataract surgery**

# ADVANCED TECHNOLOGY LENSES

## ACRYSOF® TORIC IOL

Offers correction of far distance for patients with astigmatism. Regular standard cataract lenses do not correct for astigmatism so there is still a need for distance glasses.

## ACRYSOF® RESTOR® IOL

Corrects for a full range of vision after cataract surgery. The ReSTOR lens greatly reduces or eliminates the need for glasses at near and far distance.

## TECNIS SYMPHONY

Delivers a continuous full range of high-quality vision, which means no compromise in distance vision with no loss of visual contrast. FDA approved to treat presbyopia.

In a recent study, 97% of patients had good vision (20/40) at far distances and 95-99% said in a study that they would choose the Toric lens again.



*What are my options for surgery?*

# SURGERY OPTIONS

## **STANDARD/BASIC SURGERY**

This is the old way of doing cataract surgery. The surgeon uses standard surgical tools to make incisions and break up the lens of the eye.

## **ADVANCED LASER ASSISTED SURGERY**

With the use of a laser, cataract surgery has advanced in the past few years greatly improving refractive and visual outcomes . The surgeon can now use a laser to assist in making the incisions, breaking up the cataract, and performing limbal relaxing incision if needed.

# ADDITIONAL SURGICAL OPTIONS

## **LIMBAL RELAXING INCISION**

The procedure involves making tiny incisions in the peripheral cornea to relax the cornea and reduce astigmatism. The procedure is most often performed at the time of cataract surgery and is best when combined with laser cataract surgery.

## **ORA SMARTVISION**

In the operating room, after the cataract is removed, the ORA laser is placed over the eye and used to scan the eye from front to back. This scan is used to compare your eye with millions of other cataract surgery patients and help select your lens power. ORA is very important in post LASIK patients needing cataract surgery.

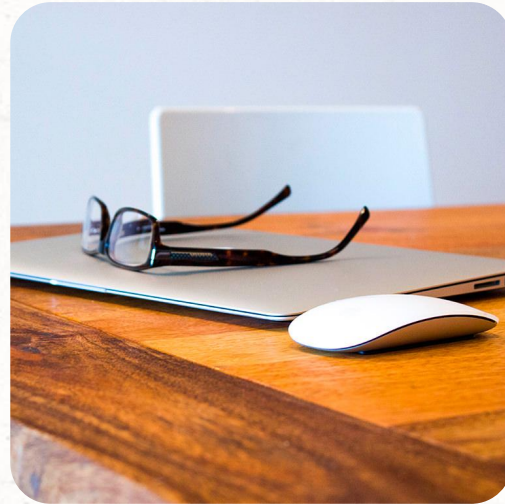
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*What does the recovery look like?*

# CATARACT RECOVERY

Cataract surgery is an outpatient procedure. The surgery is very fast and recovery time is a little longer. The healthier you are the faster you will recover. Plan to rest after surgery for an hour while the effects of the anesthesia wear off. Someone will need to drive you home. You will wear sunglasses for the ride home and may experience light sensitivity. You will need to take it easy for a few days after surgery, keeping your head above your waist. Follow your eye surgeon's advice, and keep your follow-up appointment after your surgery to make sure there are no problems.





*What are the risks for cataract surgery*



# CATARACT SURGERY RISKS

- ▶ **Infection**
- ▶ **Inflammation**
- ▶ **Swelling**
- ▶ **Bleeding**
- ▶ **Retinal Detachment**
- ▶ **Glaucoma**
- ▶ **Loss of vision**

Like with any surgery, there are risks involved in cataract surgery. Cataract surgery is the

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**TIPS**

for a successful surgery

# 5 TIPS FOR SUCCESSFUL CATARACT SURGERY

- ▶ Choose a lens that fits your lifestyle
- ▶ Correct your astigmatism if you have it
- ▶ Adhere to post op drop regimen, taper steroids take antibiotics as prescribed
- ▶ Keep eyes lubricated prior to testing, before and after surgery with artificial tears
- ▶ Communicate clearly desires for refractive outcome during surgery planning process

We hope that this ebook was educational. If you would like to discuss your cataract surgery options with one of our surgeons please call our office at **214.574.9600**