

# WHAT EVERY PATIENT SHOULD KNOW ABOUT CATARACTS

A cataract is a clouding of the natural lens inside your eye. This lens works just like the lens of a camera; focusing light images on the retina, which sends images to the brain. The human lens can become so clouded it keeps light and images from reaching the retina. Cataracts are the leading cause of vision loss in adults 55 and older.

## Symptoms of Cataracts

A cataract can cause images to become blurred and bright colors to become dull. It can also make seeing at night more difficult. Vision with cataracts is often described as seeing through an old, cloudy film.

- Blurry or foggy vision
- Colors appear dull or muted
- Glasses no longer work
- Sunlight or other light may seem overly bright or glaring
- Decreased night vision or seeing halos around lights, especially headlights

## The Best Time to Treat Cataracts

Cataract surgery can be performed when your vision begins to interfere with your quality of life. Examples:

- Trouble driving at night or in the rain
- Experiencing glares from car headlights
- Trouble reading or watching TV



## BEFORE SURGERY



## AFTER SURGERY

## What is Cataract Surgery?

Cataract surgery is generally an outpatient procedure with little discomfort. First, you will be given an anesthetic or eye drops to numb the nerves in and/or around the eye. The procedure involves making a tiny incision in the eye. The surgeon then inserts a small instrument with ultrasound technology into the eye to dissolve the cloudy lens and rinse it from the eye. Once the cataract is removed, a new, artificial lens is inserted through the same incision. The replacement, artificial lens is known as an intraocular lens or IOL.

## What to Expect After Surgery

Our outpatient ambulatory surgery center allows patients to return home the same day they have surgery. You will be prescribed eye drops to prevent infection, reduce swelling and help your eye heal. You will need to wear an eye shield following surgery. Most patients see well within a few days of recovery, though your vision may continue to improve for several days or weeks.

# WHAT IS ASTIGMATISM?

## MYTH-BUSTING

**Myth:** Astigmatism is a serious eye disease.

**Reality:** It is a focusing problem. Astigmatism is a perfectly normal part of most peoples' vision.

## WHAT IS ASTIGMATISM?

Astigmatism (uh-STIG-muh-tiz-um) is a common and generally treatable imperfection in the shape of the eye that causes blurred distance and near vision.

Astigmatism simply means that either the front surface of your eye (called your cornea) or the lens inside your eye (called your intraocular lens) is not perfectly round and smooth like it should be. This causes whatever you're looking at to be blurry or out of focus.

## HOW CAN ASTIGMATISM BE CORRECTED DURING CATARACT SURGERY?

Astigmatism can be corrected in a few ways during cataract surgery. Depending on the severity of your astigmatism, your cataract surgeon may recommend reshaping your cornea, or using a toric lens implant to compensate for astigmatism during cataract surgery. Be sure to discuss these options with your doctor.



## CATARACT SURGERY LENS OPTIONS

### *What lens is right for me?*

We have outlined your lens (IOL) options below. **Please review carefully as the lens you and your surgeon choose will determine your vision outcome.**

#### **OPTION 1: STANDARD CATARACT SURGERY**

- Typically covered by insurance. A patient's out-of-pocket cost varies greatly depending on insurance and secondary coverage. Please speak with one of our surgery schedulers to estimate your out-of-pocket cost.
- Gives you near OR distance vision, not both.
- WILL need glasses or contacts after surgery.
- If you have astigmatism and choose this option, you will have to wear bi-focals post-surgery. Even if you didn't need glasses pre-surgery.

**These next two options require a \$300 refractive evaluation fee.**

**Care Credit financing is available with 6-month and 12-month no-interest plans.**

**Please visit [www.carecredit.com](http://www.carecredit.com) or call (800) 365-8295 for more information.**

#### **OPTION 2: ASTIGMATISM CORRECTION DURING SURGERY**

- This option is for patients with diagnosed astigmatism.
- Typically, insurance covers the cataract portion. You are responsible for the cost of additional eye tests & surgical reduction of astigmatism. Cost estimate: \$1800 (minimal astigmatism) to \$2800 (significant astigmatism) per eye.
- Will need glasses for reading.
- The goal is to be able to see distance without glasses.

**ASK YOURSELF: Am I okay wearing reading glasses if my distance vision is good without glasses?**

**If the answer is no, consider option 3.**

#### **OPTION 3: MULTIFOCAL CATARACT SURGERY (CUSTOM)**

- Typically, insurance covers the cataract portion. You are responsible for the cost of additional eye tests, surgical reduction of astigmatism and cost of the multifocal lens. Costs up to \$4100 per eye.
- The goal is to reduce dependence on glasses or contacts; ability to see distance, intermediate and near.
- Some options may require reading glasses.
- The lens you choose depends on your lifestyle.

**ASK YOURSELF: Am I more active? Am I a big reader? Do I drive a lot at night? Do I read a lot of music?**