
Important Information for your Cataract Surgery Guide for Patients

Please read this booklet from beginning to end and bring it with you to all appointments until you are completely finished with cataract surgery.

Dr S. Baxter
613-544-3400 ext. 3203

Dr M. Bona
613-544-3400 ext. 3388

Dr R. Campbell
613-544-3400 ext. 3189

Dr T. Gonder
613-544-3400 ext. 2202

Dr D. Jinapriya
613-507-4800

Dr D. Johnson
613-544-3400 ext. 2169

Dr R. Johnson
613-544-3400 ext. 3388

Dr S. Simpson
613-507-3937

Dr H. Singh
613-507-4800

Dr T. Urton
613-507-3937

Dr _____

Phone: _____

**Kingston Health
Sciences Centre**

Centre des sciences de
la santé de Kingston



Queen's
UNIVERSITY

Ophthalmology

Cataract surgery is the most common surgery performed in North America; it is also one of the safest. Even so, we understand that you may be concerned about undergoing surgery. We are committed to providing you with the information you need to feel comfortable with your decision to have cataract surgery. Our goal is to give you the best possible vision.

Kindly read through this booklet as it contains important information and instructions about your surgery.

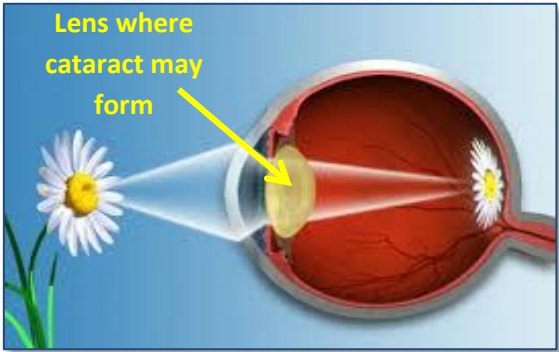
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Please keep this booklet until you are completely finished with **all** appointments for cataract treatment.

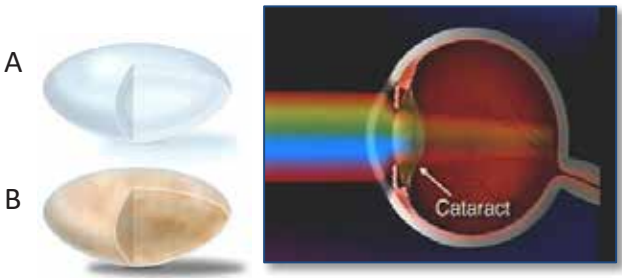
Anatomy of the Eye

The eye is like a camera in that it receives light rays from objects in the world, and focuses them onto the retina to produce a clear image.



What is a Cataract?

As we age, the lens in our eye begins to change and starts to block light from reaching the retina. This is a **cataract**, and over time it will grow and block more light. Finally, enough light rays are blocked from reaching the back of the eye that it becomes hard to see. A cataract is not a “film over the eye” but rather your natural lens once it has become clouded.



- A. Your lens when you are born
- B. Your clouded lens which blocks light once it has become a cataract

What Causes a Cataract?

Cataracts are a normal part of aging. Eye injury, certain diseases (such as diabetes) and some medications (such as steroids) may also cause cataracts. However, in 95% of cases, cataracts are simply caused by the aging process.

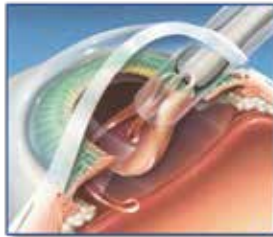
Cataract Surgery

Surgery is needed to remove the clouded lens, and replace it with a new clear lens implant called an “intraocular lens” (IOL).

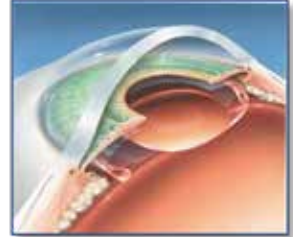
Cataracts are treated with an outpatient surgical procedure. Typically, this procedure lasts about 15–20 minutes. Although you are awake for the surgery, we will apply freezing drops and a mild sedative to ensure you are pain-free and relaxed throughout the procedure.



1) A small probe (about the size of a pen tip) is inserted and used to break up and remove the cataract.



2) The IOL is inserted through the same small incision.



3) The IOL unfolds and is set to its permanent position.

What is an Intraocular Lens (IOL)?

An intraocular lens (IOL) is the replacement lens that is surgically implanted into the eye to replace the naturally clouded lens that is removed during cataract surgery. The IOL is necessary to focus light on to the back of your eye, and will stay in place for the rest of your life.

All IOLs are of high quality and will provide good, long-term stable vision. We will identify the IOLs for which you are a candidate and answer any questions you may have.

Intraocular Lens (IOL) Options

Please note that costs do not include special testing like IOL Master/Topography

Standard Lens

Basic Spherical IOL

No charge

This intraocular lens (IOL) is a soft lens that provides very good distance vision at **one distance only**. (Most choose distance vision, but intermediate and near vision are possible too.)

Specialty Lens

Aspheric IOL

\$210/eye

Aspheric intraocular lenses (IOLs) are designed to provide clearer and sharper images, day or night. For the majority of patients, these lenses may provide better contrast sensitivity for varying light conditions such as night vision and foggy/rainy conditions. These lenses, like the spherical IOL, provide very good vision at one distance only.

Premium Lenses

If you would like to be assessed for one of the premium IOLs listed below, special testing is needed to help assess whether these premium IOLs are the right choice for you. The testing fee of \$375 is payable to the hospital.

Refractive Monofocal IOL

\$385/eye

This IOL can provide good distance, as well as some intermediate vision without glasses (up to about 66 cm, or an average arm's length) from the individual.

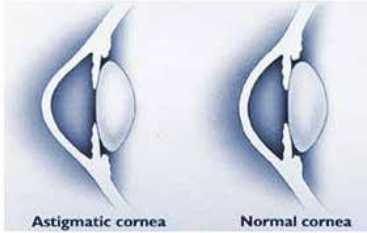
Presbyopia Correcting IOL

\$1225–1375/eye

Presbyopia is the medical term for patients requiring reading glasses or bifocals to see near objects. It is a natural part of the aging process. Multifocal intraocular lenses (IOLs) make you less dependent on glasses for all distances after cataract surgery.

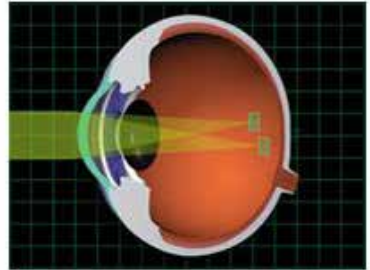
Although these IOLs provide good vision at all distances, some patients may still prefer to wear a weak pair of reading glasses for specific tasks (such as working on a computer or reading very small print). There is a higher chance of glare and halos around lights at night than with basic IOLs. When this does occur, most people adapt and do not notice this after a few weeks.

Standard Lens



What is Astigmatism?

Astigmatism is when the front part of your eye (the cornea) is shaped more like a football than perfectly round.



This causes images to be focused at two different points. The result is blurred vision at all distances. Astigmatism can usually be corrected with glasses for distance and near vision.

Toric IOL \$535-615/eye

This is an excellent intraocular lens (IOL) for those who have a clinically significant amount of astigmatism.

The toric IOL is designed to work with the natural shape of your eye to correct the astigmatism. For people with astigmatism, the toric IOL will make you **less dependent on glasses for distance vision** after cataract surgery.

For people with astigmatism, the toric IOL will make you less dependent on glasses at **one distance only** (most choose distance vision, but intermediate and near vision are possible too) after cataract surgery. Since you will be corrected for one distance only, you will need glasses for the other distances. eg If you choose to see well uncorrected for near, you will need glasses for distance and intermediate vision.

Presbyopia Correcting Toric IOL \$1335–1485/eye

This intraocular lens (IOL) combines the technology of the multifocal and toric IOLs to correct both presbyopia and astigmatism in a single surgical procedure. This is the best choice for **people with astigmatism who would like to be less dependent on glasses for all distances** after cataract surgery. There is a higher chance of glare and halos around lights at night and a reduction in contrast than with basic IOLs.

Non-Insured Services

We are committed to providing you with the best possible vision after your cataract surgery. To help achieve this, we use the most up-to-date technology to measure your eye. Every patient having cataract surgery will have at least one appointment for eye measurements.

These measurements are used by the surgeon to determine the best intraocular lens (IOL) to implant during cataract surgery. Some of these tests are not covered by OHIP and are listed below.

A-Scan Ultrasound **Free**

This is the traditional method of measuring the eye to determine the power of the IOL to put in your eye. Compared with the IOL Master (see below), it is less accurate and may increase the chance of needing glasses for good vision after cataract surgery.

IOL Master **\$125/each**

The IOL Master is the latest technology for taking precise measurements of the eye and is more accurate than any other method. This machine does not touch your eye and is painless. We highly recommend that all patients have this measurement regardless of which IOL is implanted to get the best possible visual outcome.

Corneal Topography **\$125/2 eyes**

This sophisticated measurement creates a three-dimensional map of the surface curvature of the eye. Like the IOL Master, the machine does not touch your eye and is painless. This test is necessary to determine if you are a good candidate for a toric or presbyopia correcting IOL.

Surgeon Fee **\$150/eye**

OHIP does not cover the extra time needed by surgeons to discuss specialty/premium intraocular lenses with patients or to perform the necessary calculations. As such, a surgeon fee is added to the cost of specialty/premium intraocular lenses to account for this.

How to Prepare for Surgery

- > You will need to purchase eye drops to use **BEFORE AND AFTER** surgery. Please follow the drop instructions that were given to you exactly to reduce the risk of infection and inflammation.
- > **DO NOT EAT OR DRINK** after midnight the night before surgery.
- > You may take your usual medications on the morning of your surgery with a small sip of water **UNLESS YOU ARE DIABETIC** (see next bullet point).
- > If you take diabetes medications, speak to your family doctor about how to take your morning medications on the day of surgery.
- > Bring along all your usual medications (pills, puffers, etc.).
- > **BRING ALL THE EYE DROPS TO THE HOSPITAL** (including prescribed and sample drops).
- > Please shower or bathe either the morning of or night before your surgery.
- > You should not bring valuables nor jewelry to the hospital.
- > Do not wear perfume, make-up nor face cream to the hospital.
- > Wear loose, comfortable clothing.
- > Hearing aid(s) can be worn to the hospital. They will be removed during the surgery but can be worn immediately after surgery is complete.
- > You may wear wigs or dentures to the hospital as these do not need to be removed.

How to Use Eye Drops

1. Wash your hands well with soap and water.
2. Shake the bottle well.
3. Tilt your head back.
4. Open both eyes and look up. With one finger, pull the lower lid down to form a “cup.”
5. With the bottle in the other hand, hold it as near as possible to your eyelid without touching it. Squeeze the eye drop into the cup when your lower lid is pulled down.
6. Close your eye and keep it closed for one minute. With a tissue, gently remove any excess drops from your cheek.
7. Wait five minutes between using each of your different drops.



On the Day of Surgery

- > Go to Hotel Dieu Hospital at 166 Brock Street OR Focus Eye Centre at 725 Arlington Park Place.
- > It is hospital policy that **SOMEONE MUST ACCOMPANY YOU TO YOUR SURGERY, AND REMAIN FOR THE DURATION.**
- > Register at Day Surgery.
- > Although the surgery only takes about 20 minutes, you will be at the centre for approximately 4 hours.
- > You will be given a protective eye shield to wear while sleeping for the first week following surgery.
- > Your eye will be scratchy and you may have a burning sensation when putting in your eye drops. You may use artificial tears as frequently as necessary to lubricate your eye.
- > It is encouraged that you have someone stay with you the first night after surgery.
- > Your vision may be blurry and your eye may be watery.
- > It is normal to see a reddish or pinkish hue for 36 hours after the surgery.

Post Operative Instructions

Eye Protection For The First Week:

- > DO NOT RUB your eyes or squeeze your eyelids tight.
- > Always wash your hands with soap and water before touching your eyes.
- > You may sleep on either side but the protective eye shield should be worn for the first week (with no padding).
- > During the day you may wear regular glasses or sunglasses instead of the shield.

Activities Within The First Week:

- > No heavy lifting (straining, such as lifting more than 20 lbs).
- > Cleanse lids with a face cloth or tissue and warm water to remove debris.
- > Showering/bathing and washing your hair is permitted. Try not to get water in your eye (wash so that the water runs off the back of your head and not in your face).
- > Walking, reading, watching television, eating and drinking as before surgery is permitted.
- > No swimming or hot tub use.
- > Do not wear eye make-up for one week.
- > Do not drive a vehicle before your doctor verifies your vision.
- > You may use plain Tylenol if you have mild aching around the eye.

Please call our office if you experience any of the following, or go to the nearest emergency department:

- > Significant decrease in vision
- > Sudden, acute and persistent pain in the operative eye after the first day
- > Severe redness or discharge from the eye
- > Severe swelling of the eyelids
- > Sudden increase and persistence of flashing lights or floating spots

Private Health Insurance

(Including DVA coverage/Social Services/Native Affairs)

Receipts will be provided so you may arrange for any reimbursement.

Updating Your Glasses Prescription

After cataract surgery, your current glasses prescription will likely change, which may require you to have new lenses in your glasses. Typically, one month after your cataract surgery you will be referred back to your optometrist for any necessary glasses prescription changes.

Payments

Payment for **EYE MEASUREMENTS** can be made on the day of your appointment after all measurements are complete.

Payment for **INTRAOCULAR LENS AND LENS MEASUREMENTS** must be made **AT LEAST 2 WEEKS BEFORE YOUR SURGERY DATE** to allow time to order your lens.

You may pay by:

- Cash
- Cheque
- Interac
- Visa or Mastercard

Credit card payments for Aspheric lenses can be made by phone by calling 613-548-2362

Credit card payments for Premium lenses can be made by phone by calling 613-544-3400 ext. 2187

Notes:

Eye Measurements

Hotel Dieu Hospital, 6th Floor Clinic **OR** Your Surgeon's Office

Date & Time: _____

It is very important that you remove **soft contact lenses** at least **48 hours before** this appointment, or cease using **hard contact lenses** **6 weeks before** measurements are done.

See the "uninsured services" section of this booklet for a complete description of tests and associated costs.

Surgery Dates

The hospital will call one business day before (if surgery is on Monday they will call on Friday) with a time to arrive.

Right Eye: _____

Left Eye: _____

On the day of surgery please bring to the hospital:

- > Your OHIP Card
- > All of your medicated eye drops
- > All of your medications

Follow-Up Appointments

Post cataract surgery follow up appointment(s):
