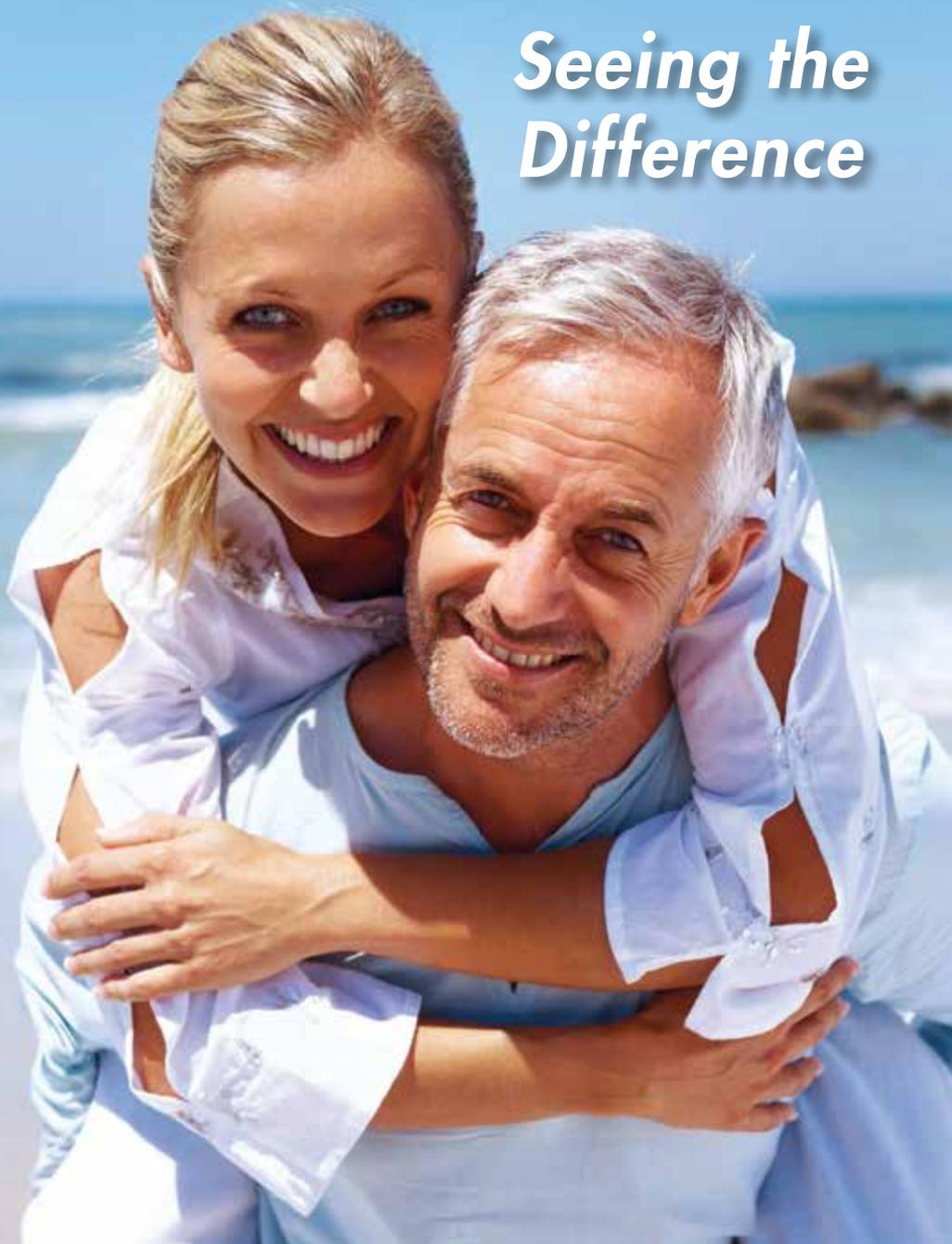


# SMALL-INCISION CATARACT SURGERY

*Seeing the  
Difference*





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# A COMMON VISION PROBLEM

Has your eye doctor told you that you have cataracts? You're not alone. Cataracts are a natural part of aging and everyone gets them at some point. The good news is that your doctor can remove them. This booklet explains what cataracts are, how they can affect your vision, and why small-incision surgery may be a good option for you.



*I kept pushing my chair closer to the TV...*

*I couldn't follow the ball down the fairway...*



## Cataracts Reduce Your Sight

A cataract is the clouding of your eye's natural lens. Clouding usually happens slowly, so you might not notice it at first. But as time passes, your vision may grow fuzzy. Colors may not appear as vivid. Glare may bother you both in bright sunlight and at night. Or it may seem as if your glasses are always dirty.

Vision loss from cataracts keeps some people from doing the things they want. Does that include you?

Check off the activities listed below that you can't do because of reduced vision. Your answers can help you and your doctor decide whether this is the right time to have cataract surgery.



*Glare made it hard for me to drive at night...*

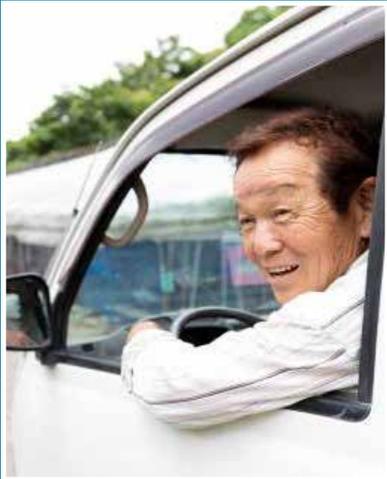
*Small print became more difficult to see...*



- Driving
- Watching television
- Reading books, letters or newspapers
- Sewing or other hobbies
- Preparing food
- Playing cards or other games
- Writing checks or filling out forms
- Seeing steps or curbs
- Enjoying outdoor events

# SMALL-INCISION CATARACT SURGERY

Cataracts can't be treated with medication. Surgery is still the only treatment option. During surgery the cloudy lens is removed and replaced with a clear, man-made **intraocular lens (IOL)**. Cataract surgery is one of the most common and reliable operations. Each year, more than a million people have their vision improved through cataract surgery. Now the small-incision technique makes the procedure safer than it used to be and makes recovery quicker.



*I had no trouble  
passing my vision test  
for driving!*

*It's easier for me to  
see when I do my daily  
crossword puzzles!*



## SMALL-INCISION SURGERY BENEFITS

The small-incision technique offers many benefits that can help get you back to your normal activities quickly. With small-incision cataract surgery:

- *You spend less time in the operating room.*
- *Your incision heals faster.*
- *You'll be back to your usual activities in days rather than weeks.*



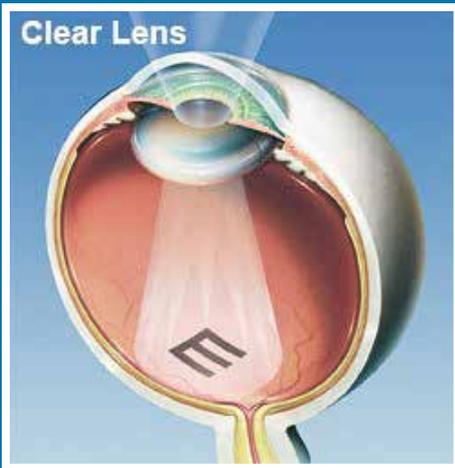
*At last, I can thread a needle and brush up on my sewing skills!*

*It's great to get out and have fun with my friends and family!*



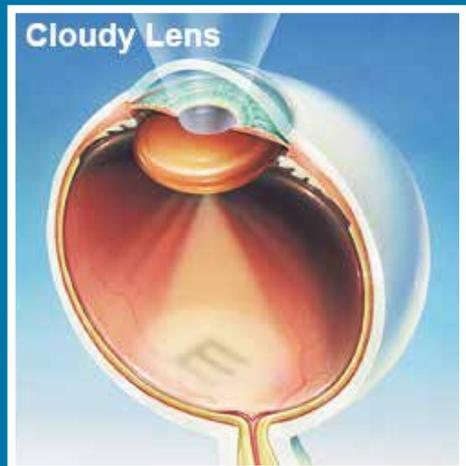
## WHAT ARE CATARACTS?

A clear lens inside the eye helps focus light. This allows images to be seen sharply. As a person ages, the lens slowly grows cloudy and turns yellow. This cloudy lens is a cataract. A cataract scatters or blocks the light that passes into the eye. As a result, images appear blurry.



*A clear lens focuses light sharply within the eye.*

*A cataract scatters light within the eye, making images appear blurry.*



# THE AGING OF YOUR LENS

Over time, the lens in your eye gradually clouds. It can happen so slowly that years may pass before you notice reduced vision. In early stages, glasses may help you see better, but as your lens becomes more cloudy, that may not be enough. Your doctor may then suggest surgery.



*A clear lens allows your eye to bring objects sharply into focus.*



*The lens slowly clouds, but you may not yet notice reduced vision.*



*A cataract can make objects appear hazy, blurry, or dull.*

# BEFORE YOUR SURGERY

Like any operation, small-incision cataract surgery requires preparation. Your doctor needs to know your health history and examine your eyes carefully. And you too must take steps to prepare.

## Your Health History

Your doctor will review your health history. Based on that, he or she will likely refer to your primary healthcare provider to clear you for surgery. Tell your doctor which medicines you take. That includes over-the-counter medicine such as aspirin.

## Your Eye Exam

You will have a thorough dilated eye exam that may take up to 2½ hours. Your eye doctor or a technician will use devices that measure the length and curve of your eye. These measurements then let your doctor select the proper intraocular lens (IOL for you).

## The Night Before Surgery

Don't eat or drink anything 8 hours prior to your surgery. This includes water, coffee, chewing gum, and mints. If you have been told to continue your daily medication, take it only with small sips of water.

Make sure you follow any other instructions your doctor gives you.

## The Day of Surgery

Have someone you know drive you to and from the outpatient surgery center. Plan to be there for about 2 to 3 hours. When you arrive, you'll sign an additional consent form. This form explains the risks of surgery.

Just before surgery, the anesthetist will give you medicine that will relax you and keep you from feeling pain. You may sleep lightly.

## Risks and Complications

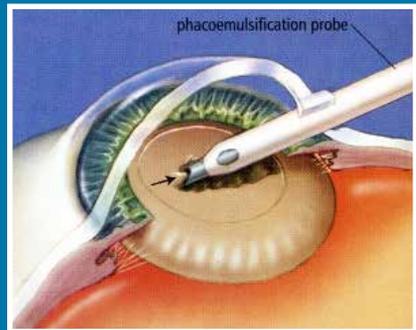
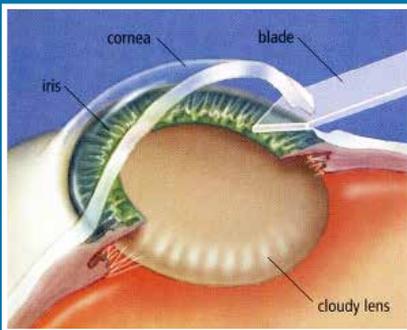
As with any operation, cataract surgery has some risks. Before surgery, the risks will be explained to you. Risks include:

- ***Your doctor may have to shift from a small incision to a larger incision.***
- ***There is a small chance of bleeding, infection, retinal detachment or swelling.***

## DURING SURGERY

You may be surprised by how little time small-incision cataract surgery takes. Your doctor uses a microscope and tiny instruments to make the incision (with laser-assistance or a blade) and remove the old lens. A special instrument breaks apart the old lens with sound waves (**ultrasound**) and then removes the pieces. This process is called **phacoemulsification**. The natural membrane (**capsule**) that held your lens is left in place.

*A smaller incision means a shorter recovery time for you. The location of the incision will vary. The IOL is only about 1/8 the size of a dime!*



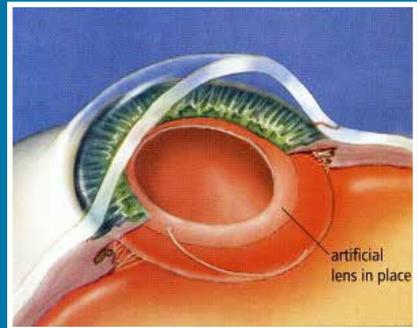
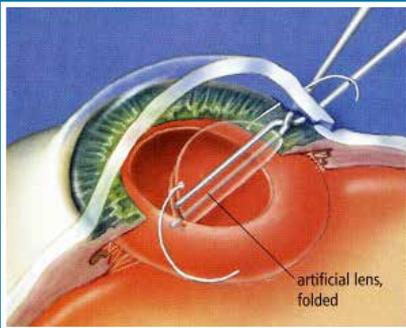
### **Removing the Old Lens (Cataract)**

1. An incision is made near the lens.
2. The old lens is broken apart.
3. Suction is used to remove the lens pieces.

## Implanting the New Lens

Once your old lens has been removed, your doctor slips the new lens (IOL) in through the incision. The IOL is then positioned in or in front of the capsule that held your old lens. With the new lens in place, your surgeon will inject antibiotic in the eye. Typically, most incisions are self-sealing and do not require stitches.

The intraocular lens does much the same thing as your old lens did before it became cloudy. It focuses light, letting you see sharp images and vivid colors. The IOL normally lasts a lifetime.



### ***Implanting the New Lens (IOL)***

- 4. The artificial foldable intraocular lens is inserted and, once inside, unfolds.*
- 5. The flexible tabs hold the lens in place inside the eye's natural capsule.*

# THE FIRST 24 HOURS

After surgery, you'll rest in a recovery area for about 30-60 minutes. Even though you may feel fine, you should take it easy. Your doctor will let you know what you should and shouldn't do once you get home. You will need to wear eye protection the first week when you sleep. There is no expectation about vision on the first day - it will be hazy, cloudy and/or you may see floaters.

## Back at Home

- *Don't rub your eye.*
- *Don't lift anything that makes you strain.*

## Eyedrops NOT Needed in most cases!

- *No hassle of drops! One time intraocular administration at the time of surgery*
- *Reduces costs (covered by insurance)*
- *You may see floaters, specs or a white haze over the vision for the first few days or weeks due to the dropless medication.*
- *Diabetics and patients with epi-reinal membranes (wrinkles in the retina) will require a topic non-steroidal drop to prevent swelling*
- *In some cases, the dropless medication is not safe to inject into the eye for anatomical reasons at the time of surgery, and you will still need drops*

## Getting Back in Action

You may be able to get back to much of your routine in the first day. But with some tasks, your doctor may ask you to wait. Check off all activities below you're unsure about, and ask your doctor when it's OK to do them.

- Driving**                       **Other** \_\_\_\_\_
- Bathing**                      \_\_\_\_\_
- Cooking**                      \_\_\_\_\_
- Exercising**                      \_\_\_\_\_

## When to Call Your Doctor

It's normal for your eye to be bruised or bloodshot at first. These symptoms won't last long.

Do call your doctor right away if you have any of the following symptoms:

- ***Your pain is not relieved by over-the-counter medicine.***
- ***You have nausea or vomiting.***
- ***Your vision suddenly diminishes***

## LONG-TERM EYE CARE

You may notice an improvement in your vision as soon as the next day after surgery but visual recovery may take a few days or few weeks depending on the swelling in your eye. In your first follow-up visit, often the next day or later the day of surgery, your doctor will check your vision and how your eye is healing.

### If You Need New Glasses

You may have better vision now than you remember having in years. Still, you might need glasses to fine-tune your eyesight for long-distance vision, close-up vision, or both, unless you have selected one of our vision correction packages.

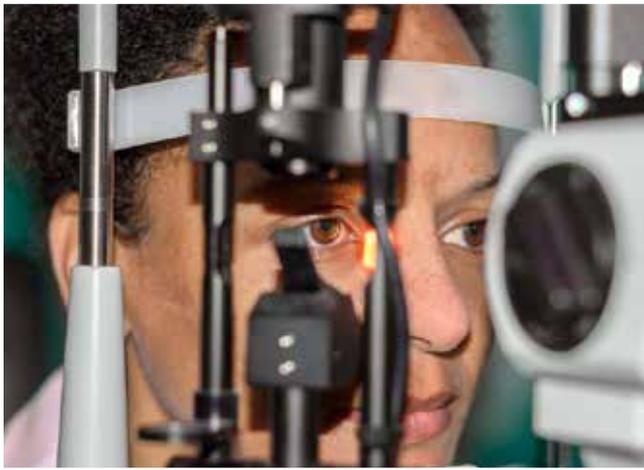


## SECONDARY CATARACT SURGERY

Months or years after cataract surgery, your vision may become blurry again. This isn't caused by another cataract. Instead, the natural capsule that holds your new lens has become cloudy due to microscopic cells that grow over the capsule. This cloudy capsule is called a **secondary cataract, after cataract** or **posterior capsular opacity**. It's treated quickly and painlessly in the doctor's office or in an outpatient clinic.

### Treating a Cloudy Capsule

The doctor uses a laser to treat a secondary cataract in the office. It takes just a few minutes and requires no needles or stitches. The laser beam creates a small opening in the capsule. This opening lets light pass clearly into the eye. Most people go home an hour or so after treatment, and can see sharply again right away.



## ALL LASER CATARACT SURGERY

Cataract surgery is considered one of the safest and most successful procedures performed in medicine today, and has allowed millions of people to regain vision lost to cataracts. For physicians, this technology can provide patients the peace of mind and a range of choices from which to make an informed decision for their procedures. This advanced technology represents an emerging standard in LASIK and Cataract care worldwide. Patients have more choices with a practice that utilizes the FEMTO LDV Z8. We can now combine a blade-free LASIK procedure or cataract surgery with the option of advanced lenses that will allow our patients to see near, far, intermediate, or all of the above. Given the safety and predictability profile of



this laser, Patients have more reason than ever to see if laser vision correction is right for them.

The Ziemer Modular Platform is among the fastest-growing technologies in eye care. The femtosecond laser is the latest advancement in cataract surgery and they have already been used in thousands of laser cataract procedures worldwide. Rapid expansion of laser cataract surgery is expected as more leading physicians and their patients discover the benefits of laser operations.



## What makes the Ziemer Z8 different?

The Z8 laser combines Swiss-engineered precision optics, custom-made laser sources, and a proprietary high-speed scanning system that generates tightly-focused low-energy laser pulses to create precise incisions exactly where intended. This makes for a highly customized treatment, little or no discomfort to the patient, quick healing, and outstanding visual results. Given the many benefits of the laser cataract surgery, people who have delayed getting cataract surgery with advanced lenses will want to take advantage of this advanced technology now that it's available.





# PRICING

## Standard Package

**Covered by Insurance**

(Co-Pay and Deductible Apply)

## Economy Package

**Lens: \$1600/eye**

**Lens + Laser assisted: \$3150**

Includes: Lenses, astigmatism correction, post op appointments. LASIK enhancements at \$995/eye, if needed, for up to a year.

## Premium Package

**Lens: \$3600/eye**

**Lens + Laser assisted: \$5150/eye**

Includes: Lenses, astigmatism correction, post op appointments and no charge laser vision correction.

## Two Options of Lenses:

**Softec HD** Gives distance with a possibility of intermediate OR near with a possibility of.

**Toric** For individuals with a high astigmatism - gives distance OR near.

## Premium Package with PanOptix Lens

**Lens: \$3900/eye**

**Lens + Laser assisted: \$5450/eye**

Includes: Lenses, astigmatism correction, post ops appointments and no charge laser vision correction, if needed, for up to a year.



# A CLEARER OUTLOOK

Cataract surgery is one of the most successful and reliable types of surgery. The small-incision technique makes a good thing even better. After a brief recovery, you can get back to the activities you like most. Colors will look more vivid. Faces will appear clearer. Best of all, you can keep on doing the things that you enjoy.



*Improving Lifestyle Through  
Quality Vision*

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