

Cataract Class

San Rafael Vision Services



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WELCOME

How did you get here?



1. You have been referred by your optometrist for evaluation and treatment of a cataract

OR

2. You are being scheduled for cataract surgery.

Agenda



Purpose: learn more about

- Cataracts
- Cataract Surgery
- Risks & complications of cataract surgery
- What lens options you have
- What to expect before, during & after surgery

video



- We will now show a 10 minute [video](#) from the Academy of Ophthalmology that goes over all aspects of cataract surgery. We also encourage you to watch the Kaiser Permanente EMMI with a family member at home.
- We realize this video contains a lot of information.
- You can access EMMI at home on your own computer from your physician's homepage through kp.org. If you do not have access to the internet, Health Education can set you up to watch the program.



With kp.org you can:

- View educational resources (EMMI)
- E-mail your doctor
- Refill your prescriptions
- Schedule and cancel routine appointments
- View your eligibility and benefits, recent immunizations, lab results and more

Elective Surgery



- ❖ **Reminder, Cataract surgery is an elective surgery. It is not mandatory.**
- ❖ **Cataracts do not require removal if you are happy with your vision.**



Lenses

Your Lens Options



You have a number of excellent options regarding the type of lens used in your cataract surgery.

Please consider which lens option you prefer before meeting with your surgeon. The information given to you in this class should help you with this decision.

Your surgeon can also assist you with your decision if you are uncertain.

Dependence on glasses



We will now explain the three options in more detail. As you are considering your options, please remember that we are talking about your lifestyle and how [reducing your dependency](#) on glasses may benefit you.

Zones of Vision



In order to understand the first two options, please consider your eyesight in terms of three zones of vision.

1. Distance vision (e.g. driving)
2. Intermediate vision (e.g. computer)
3. Near vision (e.g. reading, shaving, putting on makeup)

Monofocal Lens: Standard



This lens can reduce dependence on glasses for any one of the three zones of vision and glasses are often needed to correct the vision in the other two zones.

Most people choose to have their Distance vision corrected.

There is no additional cost for this lens.

Toric Lens Option



If you have astigmatism, you may benefit from this lens.

This lens allows us to reduce your dependence on glasses for distance if you have astigmatism.

Glasses are still needed for near.

Cost: \$1,000 per eye

Multi-Focal Lens



This lens can reduce dependence on glasses for the majority of your daily activities.

If you choose to have this lens you will be required to have this lens in both eyes.

You are a good candidate for the **Multi-Focal Lens** if:

- You want to see far and near and would like to decrease your dependency on glasses
- You understand the cost is \$2500
- You are having cataract surgery in both eyes
- You understand that we can not guarantee complete freedom from glasses

Are you a candidate?



There are certain preexisting conditions which may make you a poor candidate for the multi-focal lens. If you are interested in this lens you will need to have a consultation with a surgeon who specializes in these lenses.

Monofocal vs. Multi-Focal Vision



MONOFOCAL IOL



MULTI-FOCAL IOL



Monofocal near vision is blurry, but all distances are clear with multi-focal.

Lens Options Summary



- 1. Monofocal Lens (Standard Lens)** **No additional cost**
May need glasses for distance and near activities
- 2. Toric Lens** **\$1000/eye**
May need only reading glasses ie. No glasses for distance activities
- 3. Multi-Focal Lens** **\$2500/eye**
May not need glasses for distance or near activities

Cost of Lenses



The costs associated with the Multi-Focal and Toric lenses are not covered by your insurance and are in addition to any co-pay which you may have to pay for your cataract surgery.

Co-Payments for Surgery



- Co-payments for office visits and surgery vary depending on your individual plan.
- For co-pay / deductible information please call: **1-800-390-3507**
- This phone number should be provided on the inside page of your cataract class folder.

Co-payments for Cataract Surgery



Copayments and visits associated with your cataract surgery:

Before Surgery:

- Eye measurement with an Ophthalmic Technician
- Initial consultation with Ophthalmologist (surgeon).
- Preoperative meeting or telephone visit with surgeon the week prior to surgery.

Surgery Date: (cost of surgery determined by each member's individual plan)

After Surgery:

- 1 day post-operative visit post-operative
- 1 week to 10 day post-operative visit
- 4 week post operative visit with Optometrist, including refraction for corrected eyeglasses



REMEMBER

It is important for you to have a discussion with your surgeon to learn and understand what cataract surgery can and can not do for you.

Cataract Surgery

What happens next?



You will receive a call from our clinic nurses within a week to schedule your eye measurement and initial consultation with the surgeon. You and your Doctor will discuss your options of lens implants and correction and reserve your surgery date.



THIS VISIT REQUIRES DILATION OF BOTH YOUR EYES! PLEASE MAKE ARRANGEMENTS FOR A DRIVER TO ASSIST YOU IF YOU ARE UNCOMFORTABLE DRIVING AFTER YOUR EYES HAVE BEEN DILATED.

EYE MEASUREMENTS



Both eyes are measured by an Ophthalmic Technician during this visit. You will not need to be remeasured for your second cataract surgery.

SOFT CONTACT LENS WEARERS MUST BE OUT OF THEIR CONTACT LENSES FOR **TWO WEEKS** PRIOR TO THIS MEASUREMENT.

HARD CONTACT LENS WEARERS MUST BE OUT OF THEIR CONTACT LENSES FOR **FOUR WEEKS** PRIOR TO THIS MEASUREMENT

Your Day of Surgery



You will be given a time to arrive for surgery.

You must have a driver to take you home. Your driver must remain in the clinic until your discharge or have a cell phone in which we can reach him to come and pick you up.

You will be here for approximately 2-1/2 to 3-1/2 hours from start to finish.

You will be asked to have nothing to eat or drink after midnight the day of surgery except for small sips of water to swallow your usual medications.

Your Day of Surgery



You may brush your teeth the morning of surgery.

You will meet your anesthesia provider and have the opportunity to discuss your medical history.

You will be given light sedation to help you feel more relaxed but you will not be given general anesthesia to put you to sleep.

Your eye will receive local anesthesia. You will not feel pain.

Your eye will be held open with a special instrument so you do not have to worry about blinking during your procedure.

YOUR DAY OF SURGERY



When your procedure is completed you will return home with an eyeshield taped over your eye. You will be asked to tape this shield over your eye every night for several weeks before bed to protect your eye while you sleep.

You will visit your doctor the next day after surgery. The doctor will remove the shield and review instructions for caring for your eye. You will be instructed in the use of eyedrops prescribed by your doctor. These drops include an antibiotic, a steroid and a non-steroid anti-inflammatory. They are an important part of your post-operative care.

After Surgery



- You will be able to return to your normal daily activities with very few restrictions, however it is important to discuss any exercise or physical activities with your doctor to determine when it is safe to resume them.
- Generally, the doctor will ask you to avoid lifting anything over 10 to 15 pounds for the first few weeks after your procedure.
- Facial and eye make-up is prohibited for one month after surgery.
- Air travel is not contraindicated after this procedure but it is recommended you choose a surgery date when you will be home for several weeks before traveling.

After Surgery



Most patients find their current eyeglasses are manageable during the first four weeks after surgery. You can however, choose to have the lens over the operative eye replaced with clear glass during this time. Your final four week visit will be with an optometrist who will confirm that your eye has healed and give you your new eyeglass prescription.

Cataract Class Folder



- The folder is provided to you to help you prepare for your cataract surgery.
- First complete the Surgery Selection Form
- Complete the Class Evaluation (need)
- Review Cataract Information
- Review sample Consent Form

Questions & Answers



Thank You