

# Cataract Class

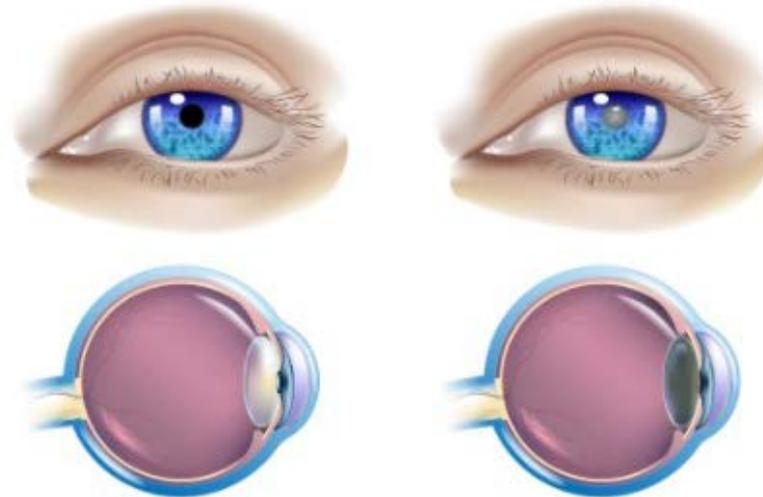


# Purpose:



You are here today because you have a cataract.  
The purpose of this class, is to learn more about:

- ❖ What a cataract is
- ❖ What are your lens options
- ❖ What to expect before, during & after surgery
- ❖ Risks & Complications of Cataract Surgery



# Natural Part of Aging



- ❖ Cataracts are a natural change that occurs with aging. It is a gradual opacity of the lens inside the eye. The lens sits just behind the iris. The condition will continue to progress, until you are not able to see through the lens.
- ❖ Cataract surgery is an elective surgery – it is not mandatory.

# Cataract Surgery is Elective



- ❖ Not all cataracts are visually significant. Cataracts that are present but do not interfere with your ability to drive, read, and function do not need to be removed.
  
- ❖ *Visually significant cataracts do* interfere with one's ability to drive, read, and function.
  - ❖ *These cataracts require surgery to improve vision.*
  
- ❖ The goal of cataract surgery is to help you see better.
  - ❖ *However, cataract surgery will not correct any other eye conditions that you currently have.*
  - ❖ *Cataract surgery will not get rid of floaters.*
  - ❖ *Floaters may appear more visible after surgery.*

# First Steps:



- ❖ Schedule an appointment with an Ophthalmologist (an eye surgeon) for a dilated eye exam.
- ❖ Once it is decided that you will have surgery, the doctor's assistant will schedule your Biometry appointment.
- ❖ You'll have the opportunity to see the Surgery Scheduler on the day of your cataract evaluation. The Surgery Scheduler will schedule your surgery and all necessary appointments. If you are unable to stay, the Surgery Scheduler will contact you by phone.

# Before Surgery Testing- BIOMETRY



- ❖ All cataract patients require a biometry exam to measure the length of the eye to determine the power and/or type of the intraocular lens implant. Most patients can obtain a biometry exam on the same day of the cataract evaluation with the surgeon.
- ❖ If you wear, **Contact Lenses**, you'll have to stop wearing them for **1 week** prior to this appointment for soft lenses  
**3 weeks** prior to this appointment for rigid, gas permeable, extended wear and standard hard lenses. You'll have to wear your glasses during this time.

This appointment takes between **30 min to an hour**. No dilation is required; therefore, your vision will not be altered. Both eyes will be measured. The measurement is taken with multiple non-contact machines. Some circumstances will require a contact machine to be used. If you select the Multifocal Lens, you will need a **1-hour** biometry appointment and an OCT scan.

**Not following these recommendations can result in a poor surgical outcome.** (See *Biometry Exam Overview sheet* for details.)

# Contact Lens DISCLOSURE:



## DO NOT WEAR CONTACT LENSES PRIOR TO THE BIOMETRY EXAMINATION

If you wear contact lenses, you will be required to leave them out of the eyes for a period prior to having your **BIOMETRY** examination. This is done because the contact lens rests on the cornea, distorting its shape and this distortion will influence the accuracy of the measurements of the power of surgical correction needed.

Discontinuing contact lens use allows the corneas to return to their natural shape. **Rigid (including gas permeable and standard hard lenses) contact lens** wearers should leave lenses out of the eyes for at least 3 weeks. Rigid contact lens wearers usually experience fluctuating vision once their lenses have been discontinued due to changes in the shape of the cornea. Although the cornea usually returns to its natural shape within three weeks, this process may take longer, and you will need to remain contact lens free until stabilization is complete.

# Selecting the Point of Focus



- ❖ For the **Cataract Surgery**, you will select at what distance you want your vision to focus **BEST WITHOUT GLASSES**. By selecting the **Standard Lens** or **Toric Lens**, you will only have one point of focus **WITHOUT GLASSES**, regardless of what vision you have now. The choice you make will depend on your lifestyle needs.
- ❖ **Far Focus**— If you choose **FAR**, you'll be able to see far away things without glasses, but then you will need glasses to see best at arm's length or near distances. If you do not have astigmatism, you may be able to use over the counter reading glasses.
- ❖ **Near Focus**— If you choose **NEAR**, you'll be able to see things at a reading distance without glasses, but then you'll need prescription glasses to see at far and near distances. You will have thick lenses for your glasses due to a strong prescription to see far.
- ❖ **Arm's Length Focus**—If you choose **ARM'S LENGTH**, you'll be able to see things at arm's length without glasses, but then you'll need prescription glasses to see at far and near distances.
- ❖ **Regardless of your Point of Focus Selection, you'll be able to see things at all distances with the appropriate glasses. You may need to use glasses for all focal distances, since no implant is custom-made to your exact prescription needs. We can not guarantee 20/20 vision.**

# After Surgery Vision Adjustment



## ❖ If you select the Near Focus

- ❖ You'll have to wait for your vision to become stable to have your exam with the Optometrist, to get your official glasses for driving.
- ❖ You will be able to read once you can focus at near vision.

## ❖ If you select the Arm's Length Focus

- ❖ You'll have to wait for your vision to become stable to have your exam with the Optometrist, to get your official glasses for driving. If you don't have *Astigmatism*, you may be able to use over the counter readers during your recovery.
- ❖ You'll be able to read once you can focus at near vision.

## ❖ If you select the Far Focus

- ❖ If you don't have *Astigmatism*, you may be able to use over the counter readers during your recovery. Once your vision becomes stable, you'll have an exam with the Optometrist to get your official glasses.
- ❖ You'll be able to drive once you can focus clearly at a distance.

# Standard Implant Lens Information



## Type 1: Standard Lens

- ❖ With this lens, you will be corrected to see well for only ONE of the following without glasses: **Near vision** (reading, writing, or knitting), **Arm's length** (computer work), or **Far vision** (driving).
- ❖ You will need glasses to correct for the targets you did not choose. For example, if you elect distance vision, you will need reading and computer glasses.
- ❖ You may still need glasses to see the sharpest possible, even at the one distance you choose.
- ❖ There is no additional charge for the standard implant lens.

# Toric Implant Lens Information



## Type 2: Toric Lens

❖ **Astigmatism** is a cause of blurred vision that can be corrected with glasses. The TORIC lens reduces astigmatism and is intended to help patients who have astigmatism see clearer. There is no guarantee of complete elimination of astigmatism and there may be an over or under correction. **You may still need glasses to see the sharpest possible.**

- ❖ With this lens implant you will be corrected for **one** of the following: **Near vision** (reading, writing, or knitting), **Arm's length** (computer work), or **Far vision** (driving).
- ❖ You will need glasses to correct for the targets you did not choose. For example, if you elect distance vision, you will need reading and computer glasses.
- ❖ The Toric Lens is **NOT** a covered benefit. There is an additional fee of **\$1,400** per eye. This lens must be paid in full 1 week prior to the surgery date.
- ❖ If you cannot afford to purchase the Toric Lens, you can select the Standard Lens and have your astigmatism corrected with glasses, as you do currently. With this selection, you will be more dependent on glasses, but you will still see equally as clearly when you wear glasses.
- ❖ **Not everyone is a candidate for this implant.**

# Multifocal Implant Lens Information



## Type 3: Multifocal Lens

- ❖ This implant is a specialized lens that allows you to **focus at near, arm's length, and far simultaneously with less dependence on glasses**.
  - ❖ For example, you will be able to drive and focus on your navigation system/dashboard with less dependence on glasses. **You may need glasses to focus on finer details.**
- ❖ For best results, both eyes should have the Multifocal Lens implanted.
- ❖ The Multifocal Lens is **NOT** a covered benefit. There is an additional fee of **\$2,800** per eye. This lens must be paid in full 1 week prior to the surgery date. **Not everyone is a candidate for this implant.**

# Implant Lens Information



## Type 3: Multifocal Lens

Your Eye Surgeon will screen you to determine if you are a candidate for this lens implant.

- ❖ Retinal Health
- ❖ Astigmatism
- ❖ Refractive Surgery
- ❖ Pupil Size

# Implant Lens Information

## How the Multifocal Works



### Type 3: Multifocal Lens

- ❖ There will be a period of adjustment.
- ❖ Your brain will learn to automatically select the lens area that is necessary to focus. This is similar to filtering out the noise in a crowded room, while having a conversation.
- ❖ You will learn what is the optimal distance to hold your reading material.
- ❖ About 5%-10% of the patients see significantly bothersome halos around lights during night vision. These halos become less noticeable with time and are less profound than those created by cataracts.

# Longshoremen's Cataract Surgery IOL Cost Exception



## What is ILWU-PMA?

ILWU stands for International Longshore and Warehouse Union and PMA stand for Pacific Martine Association, an Employer Association. ILWU-PMA has been with Kaiser Permanente for over 60 years and is one of our earliest customers. It is a FULLY Insured group with approximately 14,000 members across California.

## Which ILWU-PMA Members are covered by the Exception?

- All Active ILWU-PMA Employees, Non-Medicare Retirees
- Benefit applies to all ILWU-PMA Employees and their Dependents (i.e., Spouse, Dependent children 26 years old and younger).

## Under the ILWU-PMA Exception, what is covered at \$0 cost share?

- Cataract Surgery Intra-Ocular Lenses; Standard Lenses, Toric Lenses and Multifocal Lenses

# Toric or Multifocal Lens Payments



- ❖ **One** week before surgery, The Ophthalmology Department will contact you to make arrangements for payment in full of TORIC or Multifocal lenses. Payments can be done over the phone by credit card or in person by check, cash or credit card.
- ❖ Co-Payment for surgery is due upon registration on the day of surgery.

# Co-Payments for Surgery

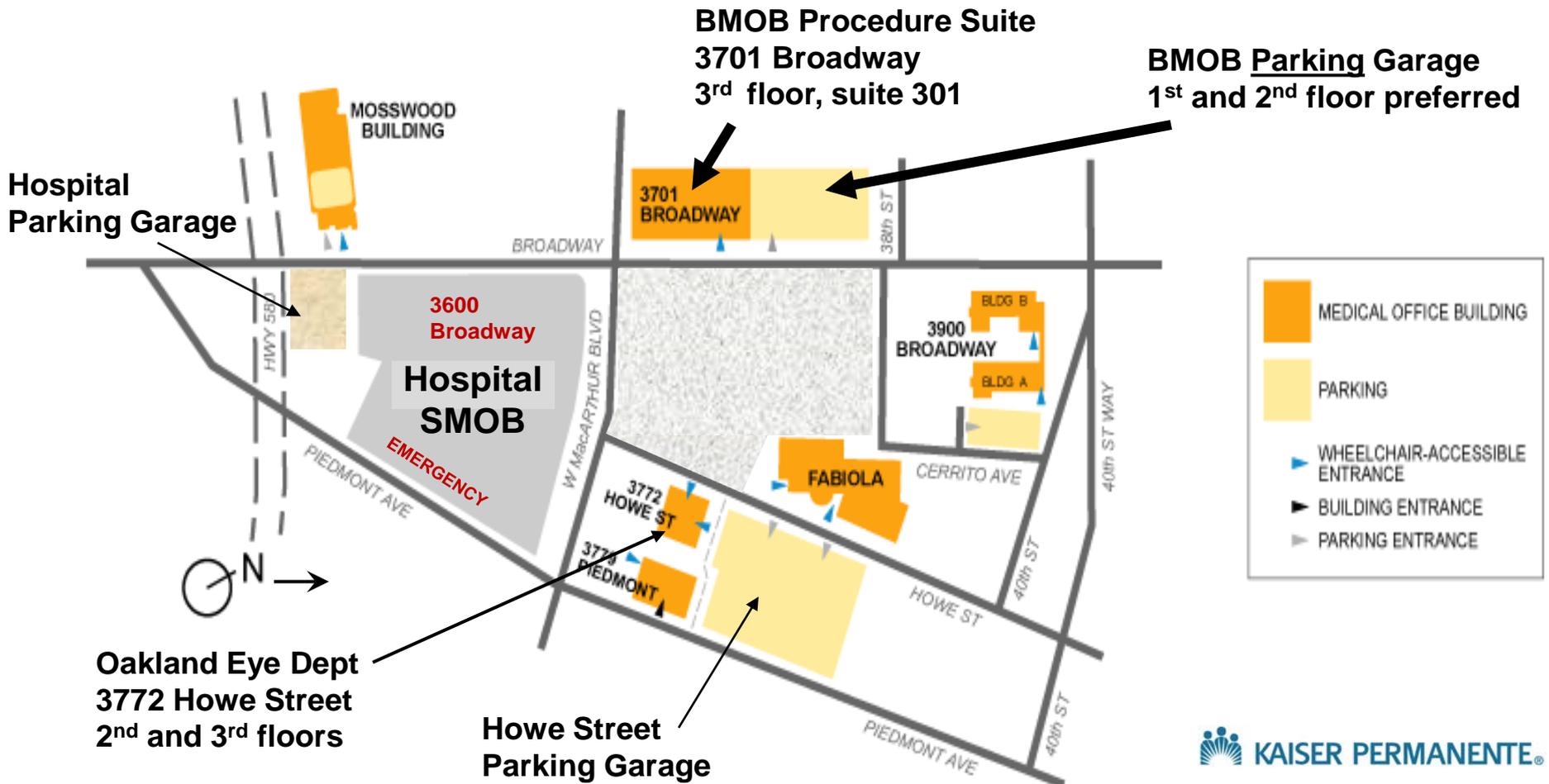


- ❖ Co-payments for Outpatient Surgery vary depending on your individual plan.
- ❖ You may also have co-payments for your pre- and post-operative appointments.
- ❖ **Health Plan Call Center** (for co-pay information)
  - Phone: 1-800-464-4000
  - Hours: Mon-Fri 7 AM - 7 PM  
Sat-Sun 7 AM - 3 PM

# Surgery Location



## Cataract surgeries are performed at the Oakland Broadway Medical Office Building (BMOB) Procedure Suite



# Pre-Surgery Information



- ❖ **Arrival time** for surgery is not set until 2 days before surgery. You will receive a scheduled phone appointment with the Peri-Op Educational Services Nurse 2 business days prior to your surgery. They will provide you with your **surgery arrival time** and surgery instructions. If you miss the phone appointment, please call **510-752-7379**, (Mon-Fri) between 11 am to 5 pm. If no one answers, leave your name, medical record number, phone number, and date of surgery. Specify if it is ok to leave a voice message on your phone for arrival time and instructions.
- ❖ If you are **INSULIN** Dependent Diabetic an appointment will be scheduled phone appointment for review of your medical history and physical health prior to your surgery date. Most appointments will be done by telephone with a Peri-Operative Clinic nurse unless otherwise indicated by your surgeon.
- ❖ **FOOD AND LIQUIDS.** Regular **FOOD**, gum, candies and other non-food items are allowed up until **8 hours before** your scheduled arrival time. **CLEAR LIQUIDS** (water, clear apple juice, plain tea without milk or milk substitute, black coffee without milk or milk substitute) are allowed up until **2 hours before** your scheduled arrival time.
  - ❖ Take your all your usual medications with a small sip of water, including medications for your Blood Pressure.
  - ❖ You will **NOT** receive a reminder for your surgery date.

# Surgery Prep



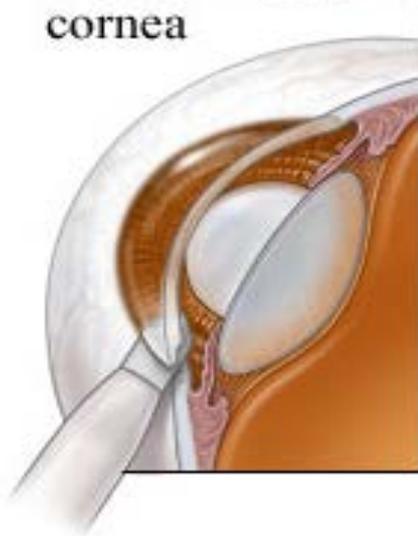
- ❖ On the day of your surgery, your driver must come with you to the Registration Desk. S/he **must remain on the hospital campus**. If you use Paratransit or a taxi, someone else must accompany you as well. If your companion does not drive, you and your companion may travel by public transportation.
- ❖ Surgery is usually done under local anesthesia with oral medication or IV sedation. You will be required to **lay flat 20 min for one eye surgery and 1 hour for two eye surgery**. You will be at the Surgery Center for approximately 2 hours.
- ❖ Register, vital signs, IV with relaxing agent, numbing drop, sterilize eye area, drape, speculum placed, local anesthetic applied.

# Cataract Surgery

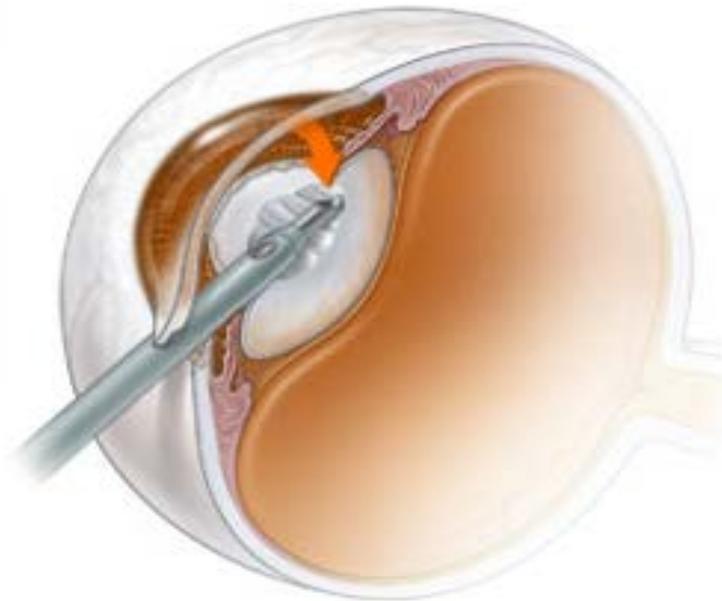


Cataract surgery involves removing the cloudy natural lens and replacing it with an artificial lens (also called an IOL which stands for intra-ocular lens).

Incision made in cornea



Phaco tip inserted

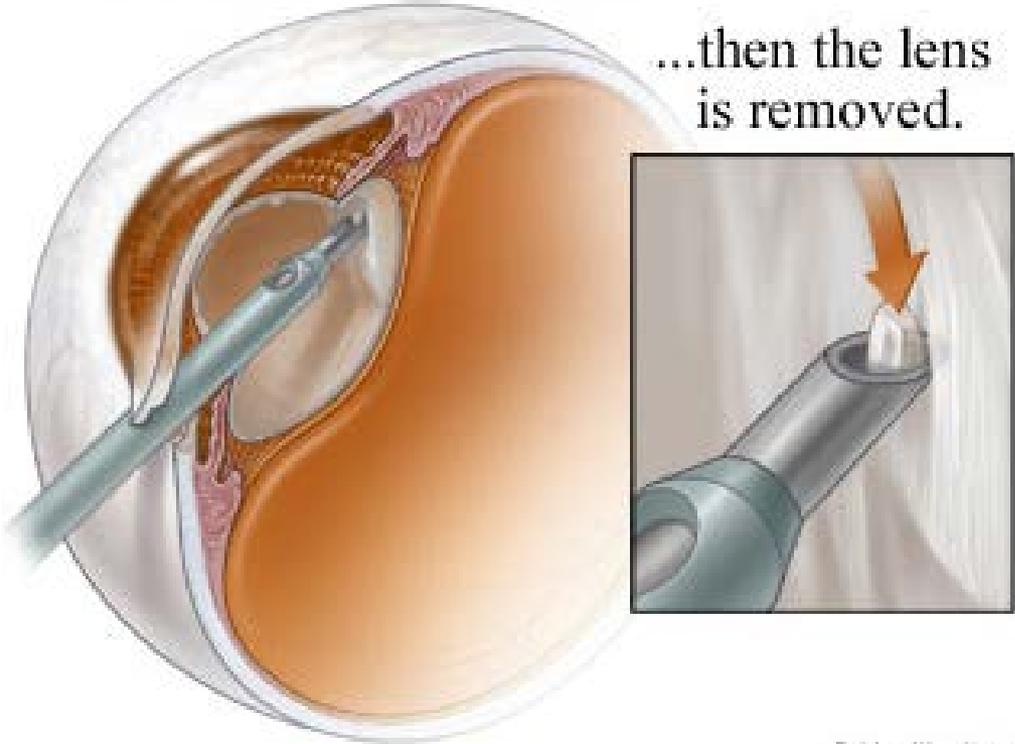


# Removing the Cloudy Natural Lens



Ultrasonic vibrations break up  
the lens and cataract...

...then the lens  
is removed.

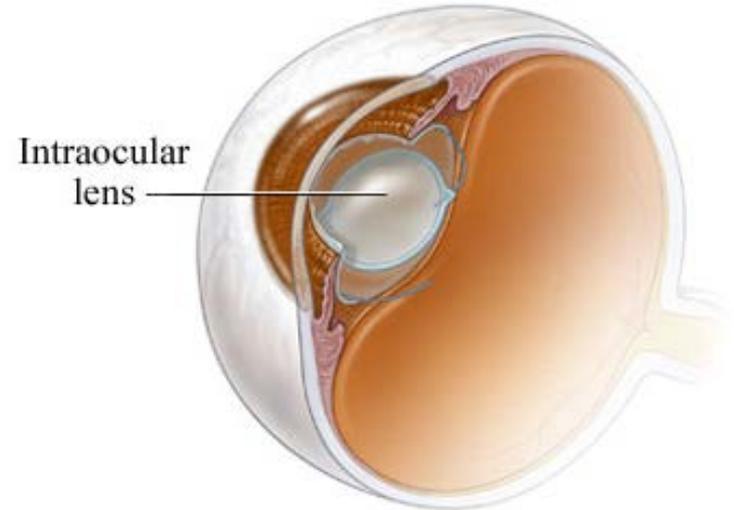
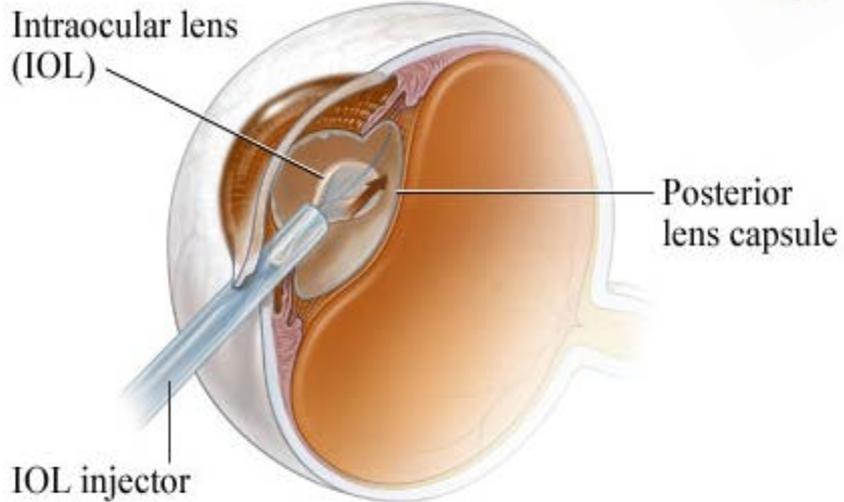


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# Placement of New Intraocular Lens



**The IOL is an acrylic lens implant.**



# Bilateral Surgery



- ❖ There is the option of having the surgery for both eyes on the same day. Your surgeon will offer this option to you, if it's determined that you are a candidate. This needs to be pre-planned and documented in your chart.
- ❖ The shield that goes over the eye(s), after surgery, is transparent, so you will be able to see through it.
- ❖ **Advantages**
  - ❖ 1 trip to the Surgery Department
  - ❖ 1 copay
  - ❖ 1 health assessment (good for one month)
  - ❖ Same medication schedule for both eyes
  - ❖ Faster recovery, so you can get your glasses sooner

# Risks and Complications of Cataract Surgery



- ❖ Infection
- ❖ Inflammation
- ❖ Bleeding
- ❖ Detachment or swelling of the Retina
  - ❖ *May need additional surgery in the future*
- ❖ Posterior Capsule rupture
  - ❖ *May need additional surgery in the future*
- ❖ Posterior Capsule opacity
  - ❖ *May need additional in-office laser treatment in the future*
- ❖ Loss of vision, including blindness
- ❖ Stroke, heart attack, or death
- ❖ *Contact your doctor if you have sudden loss of vision, light sensitivity, discharge, or strong pain.*

# Surgery Medication



Your surgeon will send a prescription to the pharmacy for the necessary medications. **It is your responsibility to fill the medications before your surgery.**

You may fill them:

- ❖ **Same Day**
- ❖ **Pick them up later:** Pharmacy (510) 752-1011
- ❖ **Mail order:** Call 1 (888) 218-6245, option 2
- ❖ **On-line KP.org** (My Health Manager, Pharmacy Center, My Prescriptions, jot down prescription number, Refill Prescriptions, follow prompts) **Medication will be mailed in 10 business days. No postage charges.**

**There is the option of having Drop Free Surgery. You will still need to dilate your eye. If you are a good candidate, your doctor will offer you this option..**

# Before Surgery Medication



Use this medication only on the day of surgery. Use only on the eye that will have surgery. **This medication will be used even if you choose the Drop Free option.**



## Cyclomydril – Red Cap (dilation)

- ❖ One drop 1 hour before your arrival time.
- ❖ One drop 30 min later.
- ❖ One drop when you arrive at the surgery center.

# After Surgery Medication



## ❖ Prednisolone Acetate 1% - White or Pink Cap (Anti-inflammatory) (Shake before applying)

- ❖ 1<sup>st</sup> week please use: 4 times per day
- ❖ 2<sup>nd</sup> week please use: 4 times per day
- ❖ 3<sup>rd</sup> week please use: 3 times per day
- ❖ 4<sup>th</sup> week please use: 2 times per day
- ❖ 5<sup>th</sup> week please use: 1 time per day
- ❖ 6<sup>th</sup> week after surgery please **STOP** using this drop.



# Post Operation Information



- ❖ You must have an adult bring you home after surgery. Typically, you will see your surgeon for a follow up appointment the next day.
- ❖ Do **not** drive until your surgeon tells you that it is safe to do so.
- ❖ Use all **eye drops** as prescribed by your surgeon.
- ❖ **For one week after surgery:**
  - \*No eye make-up
  - \*Avoid rubbing or touching your eye
  - \*Wear your eye shield while sleeping
  - \*You may take a shower from the neck down.
  - \*Avoid getting tap, ocean or pool water into your eye.
  - \*If you get water in your eye, apply 1 antibiotic eye drop into your eye after completing your shower and then resume your normal schedule.
- ❖ **For three weeks after surgery:**
  - \*No swimming /putting your head underwater. Avoid getting tap, ocean or pool water into your eye.
  - \* No gardening
  - \* No dental work (If it's an emergency, consult your surgeon)

# Glasses



After cataract surgery, your current glasses or contact lens will no longer be correct for the operative eye.

- ❖ Kaiser Senior Advantage and Kaiser Medicare Cost members will get a discount toward one pair of eyeglasses or contact lenses following each cataract surgery.
- ❖ \$80 towards frames plus \$79 for standard lenses and \$119 for bifocals or progressive lenses. If you choose to use your old frames, there will be a \$15 processing fee.
- ❖ The post operative exam for glasses is usually done about 4-6 weeks after cataract surgery.
- ❖ If you currently use prisms in your glasses, you will need prisms in your glasses after surgery.
- ❖ **Regardless of your Point of Focus Selection, you may need to use glasses for all focal distances, since no implant is custom-made to your exact prescription needs. We can not guarantee 20/20 vision.**

# Cancellation Possibility



## To prevent your surgery from being rescheduled:

- ❖ Please keep all your pre-surgery appointments.
- ❖ No Food items 8 hours before arrival time. Clear liquids allowed 2 hours before arrival time.
- ❖ On the day of surgery, bring an adult companion to the surgery registration desk, who will stay during the surgery and will bring you home.
- ❖ **Your surgery may also be cancelled if...**  
Medical conditions or other eye problems are discovered that may prevent surgery at this time. Please be compliant with all your medications.

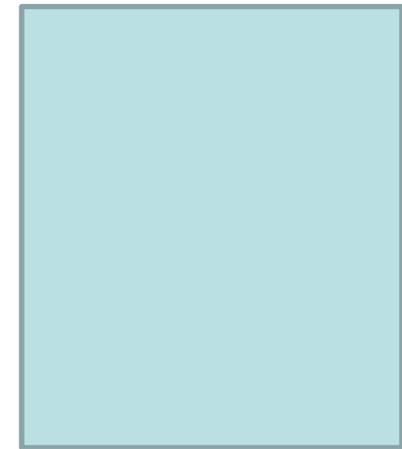
# Our Cataract Surgeons



**\* Adrian Dokey, MD**  
Oakland/Richmond



**\*Michael Geske, MD**  
Oakland/Richmond



**Cissy Yang, MD**  
Oakland

Go to **[kp.org/mydoctor](http://kp.org/mydoctor)**.  
To find out more about a doctor,  
you can enter one of our MD's name.

***\*Surgeons offering Multifocal surgery***

# Our Cataract Surgeons



**Timothy Huie, MD**  
Oakland



**\* Terry Hunter, MD**  
Oakland



**Janet Hwang, MD**  
Richmond



**\* Tova Mannis, MD**  
Oakland/Richmond

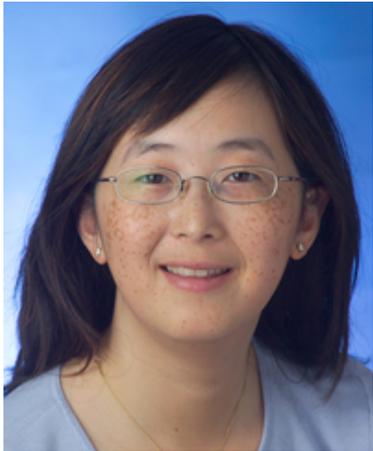


**\* Eubee Koo MD**  
Oakland/Richmond

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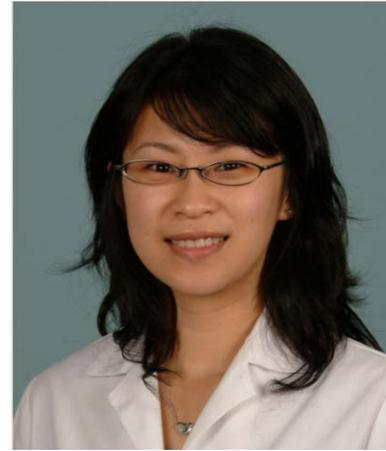
# Our Cataract Surgeons



**Michelle Nee, MD**  
Oakland/Richmond



**Jennis Pae, MD**  
Oakland/Richmond



**Ying Qian, MD**  
Oakland



**\*Deepali Rajguru, MD**  
Oakland/Richmond



**Samuel Reiter, MD**  
Oakland/Richmond



**Robin Vora, MD**  
Oakland

Go to **[kp.org/mydoctor](http://kp.org/mydoctor)**.  
To find out more about a doctor,  
you can enter one of our MD's  
name.

***\*Surgeons offering Multifocal surgery***

# Contact Information



## Oakland Ophthalmology and Optometry

Location: 3772 Howe Street, 2<sup>nd</sup> & 3<sup>rd</sup> floors

Hours: 8:00 am to 5:30 pm M-F  
(Optometry is open Mon- Sat: 8:00 am to 4:30 pm)

Phone: **Phone lines are open 9:00 am to 4:30 pm**  
(510) 752-1235 Option 4 (Ophthalmology)  
(510) 752-1235 Option 3 (Optometry)

Surgery Scheduler: (510) 752-6647 (to reschedule Biometry, Physical Exam, or Surgery)

## Richmond Ophthalmology and Optometry

Location: 901 Nevin Ave, Bldg. 2, 2<sup>nd</sup> floor

Hours: 8:00 am to 5:00 pm M-F  
(Optometry is open Mon- Sat: 8:00 am to 5:00 pm)

Phone: (510) 307-1530 (Ophthalmology)  
(510) 307-1776 (Optometry)

# SIGN UP FOR KP.ORG



Save time online. Registering is easy and secure. Go to [kp.org/registernow](https://kp.org/registernow).

When you get care and services at Kaiser Permanente facilities, My Health Manager becomes your one-stop online resource for time-saving features. Use it 24 hours a day, seven days a week to:

- Make appointments for routine care.
- Order most prescription refills and have them mailed to your home—with complimentary shipping!
- Email your doctor's office with routine health questions.
- View most lab test results and recent immunization records.
- Get personalized health coaching with one of our healthy lifestyle programs.
- Use many of these same features on behalf of your family members.

We'll ask you a few questions to verify your identity. (We use the highest online security standards to ensure that your health information is kept safe and secure.)

You'll be asked to create a user ID and password. (If you can't or don't wish to complete this step online, you can finish the process by mail.)

Once you're registered, sign on at [kp.org](https://kp.org) with your user ID and password.

**For any questions or concerns, please contact Oakland Health Education at 510-752-6204**

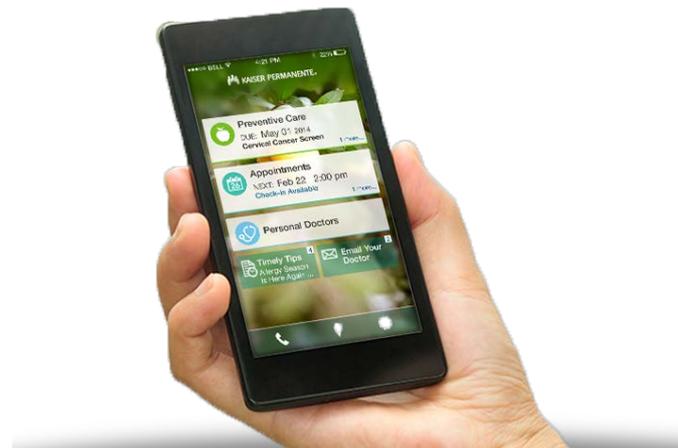
# My Doctor Online



## My Doctor Online helps you remember



**My Doctor Online App**  
For you and your family



- Schedule appointments, including video visits\*
- Check your appointment reminders and details
- Get your health reminders for what's due

- Email your doctor
- Read quick tips on pressing health topics
- Call our 24/7 Appointment and Advice Center



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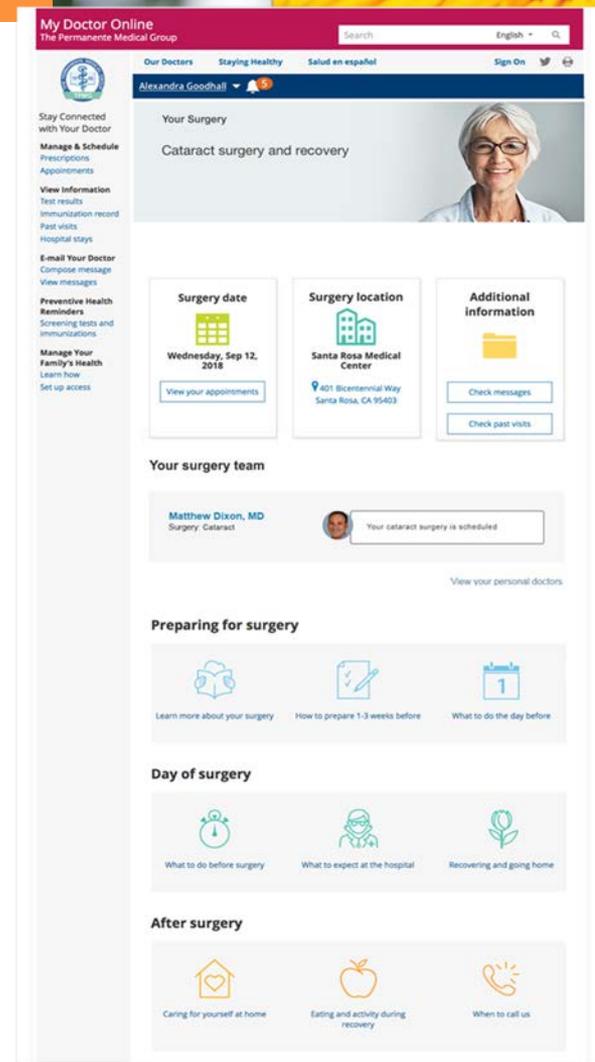
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# Your Cataract Surgery Website

## My Doctor Online helps you prepare

- Information and tools to help you prepare for surgery and recovery.
- Personalized with your surgery date, location, and surgeon.
- Watch for email from Kaiser Permanente about your upcoming care, coming after you schedule your surgery. Then sign in to view your personalized website.
- Be active on kp.org or download My Doctor Online app to receive the personalized website.

[kp.org/mydoctor/cataractsurgery](https://kp.org/mydoctor/cataractsurgery)



The screenshot displays the 'My Doctor Online' interface for 'The Permanente Medical Group'. The user is logged in as 'Alexandra Goodball'. The main heading is 'Your Surgery' with the sub-heading 'Cataract surgery and recovery' and a photo of a woman. The interface is organized into several sections: 'Surgery date' (Wednesday, Sep 12, 2018), 'Surgery location' (Santa Rosa Medical Center), and 'Additional information' (Check messages, Check past visits). Below this is 'Your surgery team' featuring 'Matthew Dixon, MD' (Surgery, Cataract) with a note 'Your cataract surgery is scheduled'. The 'Preparing for surgery' section includes links for 'Learn more about your surgery', 'How to prepare 1-3 weeks before', and 'What to do the day before'. The 'Day of surgery' section includes 'What to do before surgery', 'What to expect at the hospital', and 'Recovering and going home'. The 'After surgery' section includes 'Caring for yourself at home', 'Eating and activity during recovery', and 'When to call us'.

1 <sup>st</sup> week	SURGERY DAY						
Prednisolone Acetate 1% 9am							
Prednisolone Acetate 1% 1pm							
Prednisolone Acetate 1% 5pm							
Prednisolone Acetate 1% 9pm							

2 <sup>nd</sup> week							
Prednisolone Acetate 1% 9am							
Prednisolone Acetate 1% 1pm							
Prednisolone Acetate 1% 5pm							
Prednisolone Acetate 1% 9pm							

3 <sup>rd</sup> week							
Prednisolone Acetate 1% 9am							
Prednisolone Acetate 1% 3pm							
Prednisolone Acetate 1% 9pm							
4 <sup>th</sup> week							
Prednisolone Acetate 1% 9am							
Prednisolone Acetate 1% 9pm							
5 <sup>th</sup> week							
Prednisolone Acetate 1% 9am							
6 <sup>TH</sup> WEEK STOP MEDICATION							



We wish you  
a wonderful surgery  
and  
an excellent recovery!!!