

■ CATARACT SURGERY GUIDE

RevitalEyes



Increase your vitality with clearer vision.

Cataract surgery is one of the most common outpatient procedures performed in the US, with 3.5 million cases performed each year. Thanks to advancements in the medical field, cataract surgery is now quicker, safer, and more effective than ever before. Patients have the ability to choose between a variety of cataract surgery options that can decrease and even eliminate their dependence on glasses or contacts. If you are having trouble seeing due to cataracts, our board-certified ophthalmologists can improve your vision and help you focus on what's important in life. This Cataract Surgery Guide will explain the different options for cataract surgery and how each can help improve your vision. Please keep in mind that some options may not be suitable for all patients. Your ophthalmologist will work with you to develop a treatment plan best suited to your vision needs.

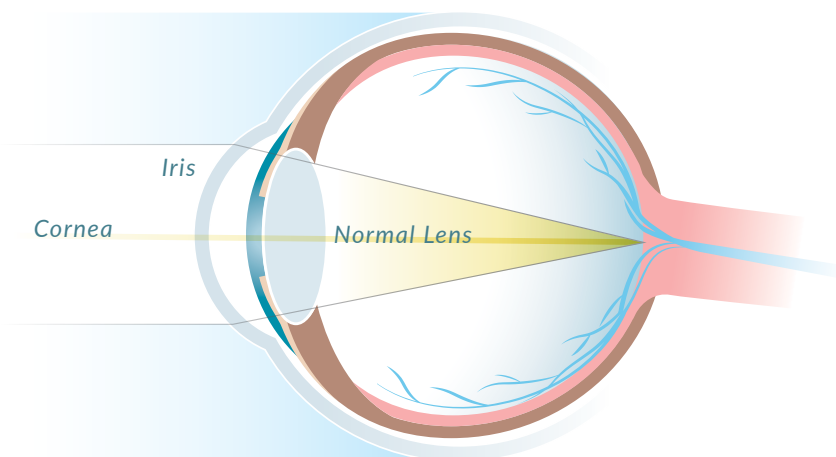


What is a cataract?

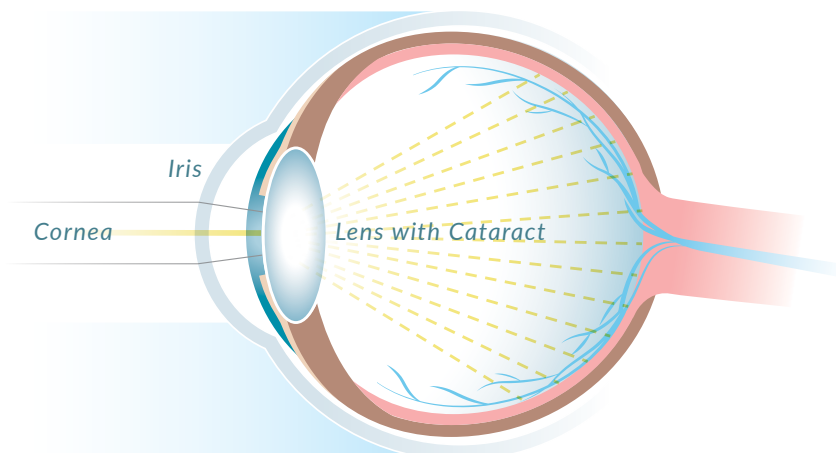
Inside of your eye, there is a natural lens that allows you to focus on objects that are near or far away. Over time, that natural lens gradually becomes cloudy and loses its ability to focus. This clouding of your lens is called a cataract. With a cataract, the images you see will become blurred, appear out of focus, dull or void of colors. A cataract can also make seeing at night more difficult and is likely the reason why reading glasses and bifocals no longer seem to help you see.

Cataracts are a natural result of the aging process; by the age of 65 over 90% of people have developed a cataract. However, as cataracts progress, they can begin to affect your vision and put limits on your daily activities and enjoyment in life. Every year, we perform thousands of cataract surgeries at Wilmington Eye, helping mature adult patients regain their vision and see clearly again.

NORMAL EYE



CATARACT EYE



Understanding your options for cataract surgery.

At Wilmington Eye, we offer several different options for cataract surgery. Our ophthalmologists will work with you to develop a treatment plan that meets your vision and lifestyle goals. To begin understanding your options, it's important to consider the life that you lead. Review the Lifestyle Questionnaire below to determine which activities are most important to your lifestyle.

On a scale of very important, slightly important, not important at all, please rate the following activities and their importance in your daily life.



VERY IMPORTANT | SLIGHTLY IMPORTANT | NOT IMPORTANT AT ALL

Near Activities

- ☐ *Reading newspapers or books*
- ☐ *Using a smartphone*
- ☐ *Sewing*

Intermediate Activities

- ☐ *Working on a computer*
- ☐ *Reading a menu or price tags*
- ☐ *Cooking*

Far Away Activities

- ☐ *Driving during the day*
- ☐ *Playing golf or tennis*
- ☐ *Watching movies*

Nighttime Activities

- ☐ *Driving at night*
- ☐ *Star gazing*
- ☐ *Watching plays and live theater*

How do you feel about glasses?

- ☐ *I like glasses*
- ☐ *Glasses don't bother me*
- ☐ *I want to get rid of my glasses*



Traditional Cataract Surgery

Traditional cataract surgery is covered by most insurances, including Medicare. In traditional cataract surgery, your surgeon will make incisions into your cornea (the clear and most outer layer of your eye) using a blade. Then, another handheld device called an ultrasonic probe will be used to divide the cataract into small pieces. Once the cataract has been broken up into small, manageable pieces, the cataract is suctioned out of the eye using ultrasonic energy. Now that the old, clouded lens has been removed, a new, artificial lens (called an intraocular lens or IOL for short) is implanted into the eye.

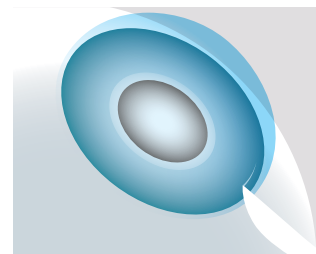
Traditional cataract surgery will be performed on one eye at a time, usually 2 weeks apart. This is to minimize risks associated with your procedure and ensure optimal visual outcomes.

Advantages

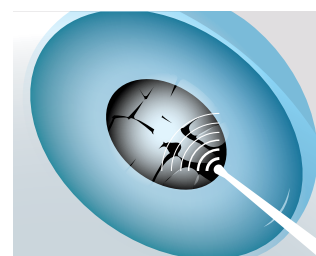
- Traditional cataract surgery is covered by most insurances, including Medicare.
- Your clouded lens or cataract is completely removed from your eye and an artificial lens is implanted to allow you to see clearly again.

Disadvantages

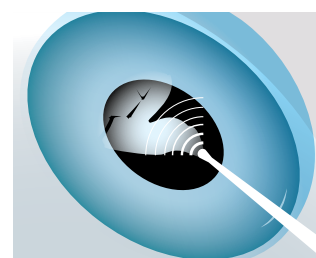
- Many patients who undergo traditional cataract surgery will still require prescription glasses full-time to see at all distances.



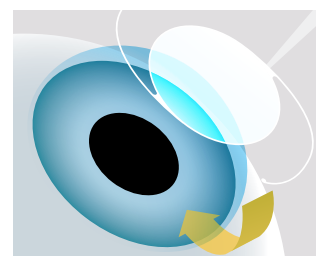
Make small incision into cornea



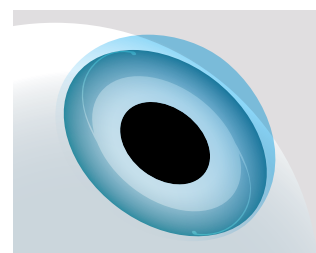
Ultrasonic probe to divide cataract into small pieces



Cataract is suctioned out with ultrasonic energy



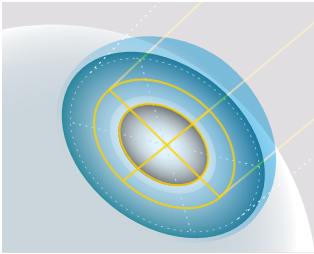
Artificial lens is implanted



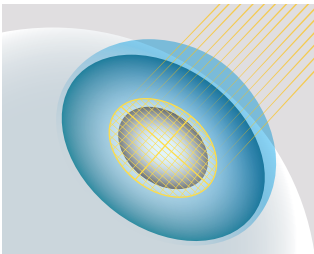
Improved vision with new intraocular lens implant



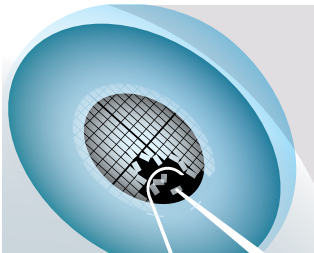
Blade-free Cataract Surgery



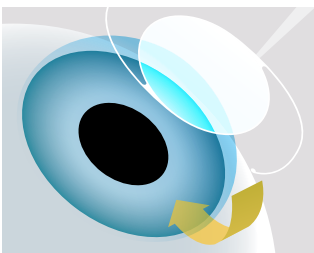
Computer scans dimensions of ocular structure



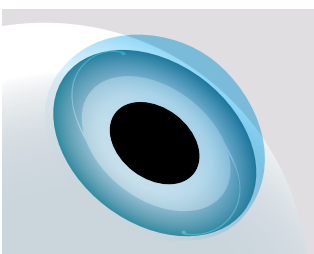
The femtosecond laser creates openings, breaks the lens into small pieces, and corrects any astigmatism



Ultrasonic probe removes the old lens



Artificial lens is implanted



Improved vision with new intraocular lens implant

Wilmington Eye is excited to offer blade-free laser cataract surgery. Technological advances in cataract surgery have made it possible to improve the visual outcome of your cataract surgery and reduce your dependence on glasses or contacts. With blade-free laser cataract surgery, patients can experience higher precision, enhanced predictability, and improved visual outcomes. We also treat astigmatism with this laser, which has shown to reduce a person's dependence on glasses. If you have been diagnosed with astigmatism or would like to reduce the need for glasses or contacts, blade-free cataract surgery may be an option for you.

Blade-free cataract surgery will be performed on one eye at a time, usually 2 weeks apart. This is to minimize risks associated with your procedure and ensure optimal visual outcomes.

Advantages

- Adult patients will enjoy more freedom from glasses and contact lenses following blade-free cataract surgery.
- Blade-free cataract surgery can treat astigmatism so that you can see objects more clearly.

Disadvantages

- Some costs for bladeless cataract surgery are not covered by insurance and will be the patient's responsibility.
- You will need glasses for near activities and occasionally to achieve optimal distance vision.



What are the different kinds of lenses?

Intraocular Lens (IOL) for Cataract Surgery

An intraocular lens is a tiny, artificial lens that replaces your eye's natural lens once it is removed during cataract surgery. Intraocular lenses are an important part of your cataract procedure. Intraocular lenses (commonly referred to as IOLs) come in different focusing powers, similar to the different focusing powers in prescription glasses or contact lenses. IOLs are made of a clear plastic and are coated with a special material to help protect your eyes from the sun's UV rays. At Wilmington Eye, we offer several different types of IOLs. Each lens option offers a unique set of advantages and will improve your vision following cataract surgery.

- Monofocal Intraocular Lens
- Toric Intraocular Lens
- Multifocal Intraocular Lens

As you begin to learn about the different IOLs available, it's important to remember that your cataract surgeon will determine the best lens option for your lifestyle, with the goal of helping you achieve reduced dependence on glasses or contact lenses.

For questions about whether a particular IOL is right for you, please ask your cataract surgeon.



Monofocal Intraocular Lens (IOL)

The Monofocal lens is a standard intraocular lens (IOL) and is the only lens option covered by most insurances (including Medicare). A Monofocal IOL allows you to focus on objects at a single distance. Before developing a cataract, your natural lens could adjust to accommodate for objects that were near or far away. With a Monofocal lens, you will only be able to focus on objects at one distance. Following cataract surgery, you will be able to see objects clearly at a single distance with glasses or contacts. Monofocal IOLs do not correct astigmatism. Your surgeon will help to determine if a Monofocal IOL is right for you.

Advantages

- A Monofocal lens is covered by most insurances.
- Your clouded lens or cataract is completely removed from your eye and replaced with an artificial Monofocal IOL.

Disadvantages

- You will need glasses to see near, intermediate, and far away objects clearly.



You will need glasses for the following activities:

NEAR | INTERMEDIATE | FAR AWAY

Toric Intraocular Lens (IOL)

If you have been diagnosed with astigmatism (a medical term that means the surface of your eye is not perfectly round), a Toric IOL may be the best lens choice for your cataract surgery. A Toric IOL is a premium lens, which means that it is not covered by insurance. The Toric IOL is a technologically advanced lens option that offers astigmatism management. Similar to a Monofocal IOL, a Toric IOL allows you to focus on objects at a single distance. A Toric lens will correct your astigmatism, which will improve your overall vision following cataract surgery, allowing you to see objects more clearly at a single distance. Reading glasses will still be required. Your surgeon will help to determine if a Toric IOL can help treat your astigmatism.



Advantages

- Your clouded lens or cataract is completely removed from your eye and replaced with an artificial Toric IOL.
- A Toric IOL provides clear vision for those who have been diagnosed with astigmatism.

Disadvantages

- The Toric IOL is a premium lens and is not covered by insurance.
- You will need glasses to see near objects and intermediate objects.



You will need glasses for the following activities:

NEAR | INTERMEDIATE



Multifocal Intraocular Lens (IOL)

A Multifocal Intraocular Lens provides you with an exciting opportunity to reduce and even eliminate your need for glasses or contact lenses. These lenses are some of the most advanced cataract lenses available, providing a range of vision personalized for your needs. Unlike a Monofocal IOL which gives you just one focal point, Multifocal IOLs will allow you to see clearly at various distances—all while relying less on glasses. Following cataract surgery, you can expect to see a significant increase in the overall quality of your vision with a Multifocal IOL.

Your surgeon will help determine which Multifocal IOL is right for you. These premium lenses are not covered by insurance.





Multifocal Intraocular Lens (IOL), cont'd

Advantages

- Your clouded lens or cataract is completely removed and replaced with a Multifocal IOL.
- A Multifocal IOL provides a range of brilliant, continuous vision at multiple distances.
- You may reduce or completely eliminate your need for glasses or contact lenses with a Multifocal IOL.

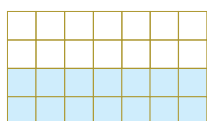
Disadvantages

- The Multifocal IOL is a premium lens and is not covered by insurance.
- There is a possibility that you may need glasses for up-close activities such as cross stitching, wood working or crossword puzzles.

Preparing for cataract surgery

Our team of board-certified ophthalmic surgeons have performed countless cataract surgeries, helping adult patients see clearly again—often with a reduced dependence on glasses and contact lenses. Once a treatment plan has been determined, it's time to prepare for cataract surgery.

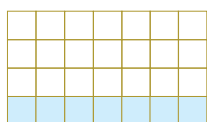
Please remember that cataract surgery is performed one eye at a time, usually two weeks apart. This is to minimize risks and give you the best surgical results.



2 WEEKS Prior To Your Surgery

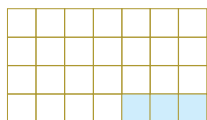
If you wear hard contacts or gas permeable contacts, you will need to remove them and switch to glasses. Contact lenses distort the natural shape of your cornea and may lead to less-than-optimal visual outcomes.

There is a chance that your cataract surgery will not be performed at a Wilmington Eye facility. If your surgery is not performed at a Wilmington Eye facility, it's important to call your surgical facility to ensure that you are aware of the fees associated with your visit.



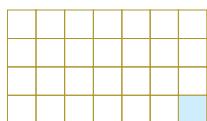
1 WEEK Prior To Your Surgery

It is very important to arrange travel to and from your surgery at least one week prior to your procedure. An adult must also be present at all times during your procedure and for 24 hours following your procedure.



3 DAYS Prior To Your Surgery

If you wear soft contact lenses, you will need to remove them and switch to glasses. Wilmington Eye requires all patients to use eye drops prior to having surgery. Three days before your scheduled surgery date, you should begin using your prescription surgery drops. If you do not, your surgeon may postpone or reschedule your cataract surgery. You will also begin washing your eyelids and your face each day with an antibacterial soap.



1 DAY Prior To Your Surgery

It's important to stop drinking and eating at midnight the night before your procedure. The morning of your surgery, it's also important to refrain from wearing makeup or any skincare products on your face.

Eye Drops For Your Cataract Surgery

To minimize risks and ensure an optimal visual outcome, Wilmington Eye requires every patient to follow a strict eye drop regime prior to surgery. If you do not adhere to your eye drop regime, your surgeon may postpone or reschedule your cataract procedure.

Standard Surgery Drops

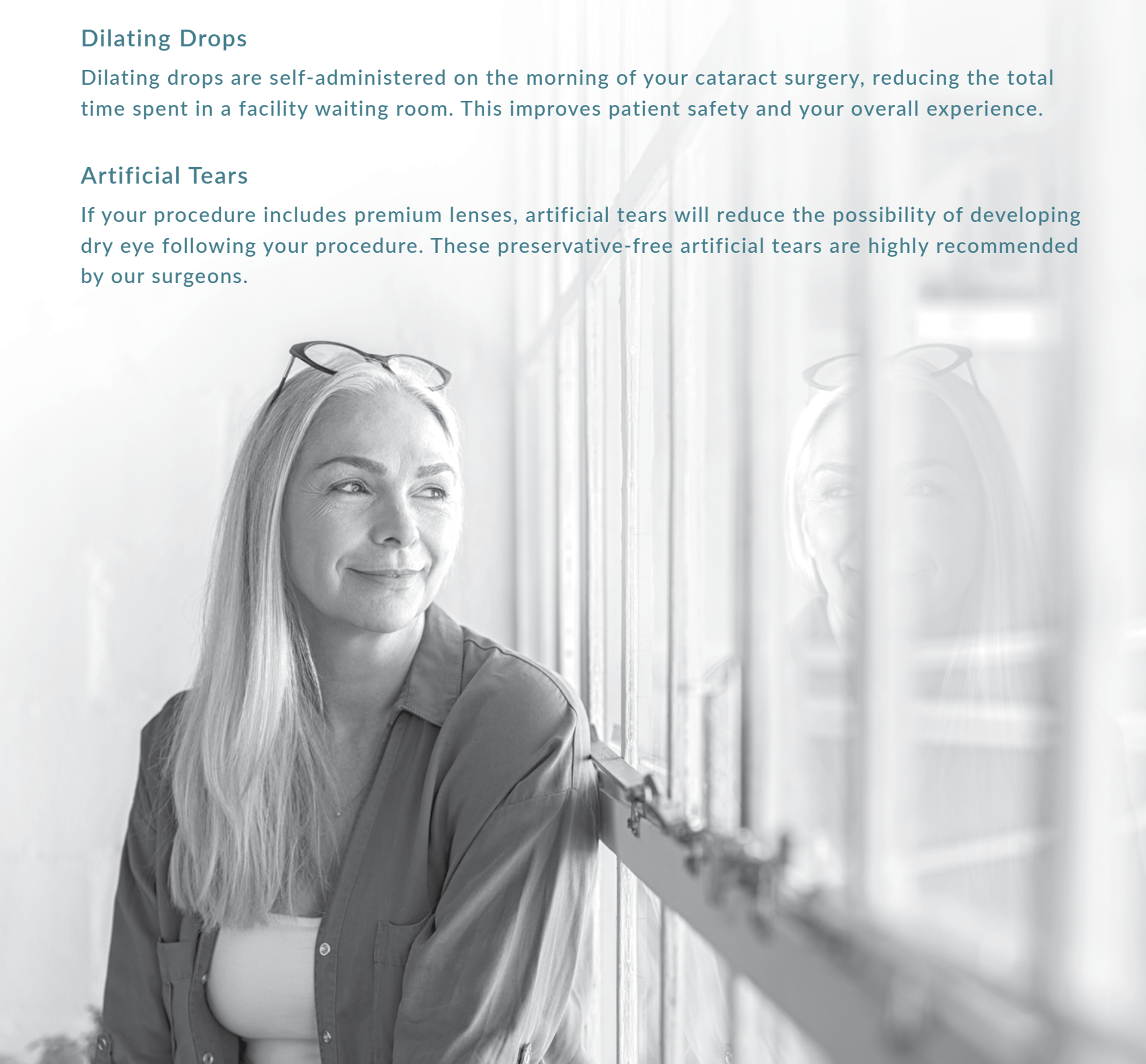
Wilmington Eye has developed custom cataract surgery drops that make the at-home administration of your drops simple and convenient. This new hybrid drop combines 3 medications into one.

Dilating Drops

Dilating drops are self-administered on the morning of your cataract surgery, reducing the total time spent in a facility waiting room. This improves patient safety and your overall experience.

Artificial Tears

If your procedure includes premium lenses, artificial tears will reduce the possibility of developing dry eye following your procedure. These preservative-free artificial tears are highly recommended by our surgeons.



Meet Our Surgeons

KATHLEEN C. LEONE, MD, FACS

Dr. Kathleen Leone is a board-certified ophthalmic surgeon specializing in blade-free cataract surgery. In addition, Dr. Leone was the first eye surgeon to introduce femtosecond laser cataract surgery to Wilmington in 2013. Practicing in Wilmington since 1998, Dr. Leone is a revered cataract and refractive surgeon. She settled here after serving eight years in the U.S. Navy, reaching the rank of Lieutenant Commander. She is in the medical honor society Alpha Omega Alpha and is a fellow of the prestigious American College of Surgeons. Other memberships include the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery.

To learn more about Dr. Leone and to read her full bio, visit WilmingtonEye.com/Kathleen-Leone.

MATEJ POLOMSKY, MD

Dr. Matej Polomsky is a board-certified ophthalmic surgeon who specializes in advanced blade-free cataract surgery, traditional cataract surgery, premium intraocular lens implantation, and refractive surgery. Dr. Polomsky also performs minimally invasive glaucoma surgery using both the iStent inject and Hydrus implants. He is proficient in all of the new premium intraocular lens technology and enjoys helping patients determine the best lens for their individual vision and lifestyle needs. Dr. Polomsky has been performing surgery for over 10 years and is a member of the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery.

To learn more about Dr. Polomsky and to read his full bio, visit WilmingtonEye.com/Matej-Polomsky.



CHRISTOPHER D. COVINGTON, DO

Dr. Christopher Covington is a board-certified ophthalmic surgeon specializing in blade-free cataract surgery, traditional cataract surgery, and premium intraocular lens implantation. He is a member of the American Osteopathic Association, the American Academy of Ophthalmology, the American Osteopathic College of Ophthalmology and Otolaryngology, and the American Society of Cataract and Refractive Surgeons.

To learn more about Dr. Covington and to read his full bio, visit WilmingtonEye.com/Chris-Covington.

TRAVIS C. JENKINS, MD

Dr. Travis Jenkins is a fellowship-trained cornea and external disease specialist. He specializes in blade-free cataract surgery and traditional cataract surgery. Dr. Jenkins is published in Young Ophthalmologist Info and is currently a member of the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgery, the Cornea Society and the Operation Restore Vision Team.

To learn more about Dr. Jenkins and to read his full bio, visit WilmingtonEye.com/Travis-Jenkins.



Meet Our Surgeons

ROBERT VAN DER VAART, MD

Dr. Robert van der Vaart is a board-certified ophthalmologist specializing in cataract and glaucoma surgery. Board certified by the American Board of Ophthalmology, he performs a variety of minimally invasive glaucoma procedures, bladeless femtosecond laser-assisted cataract surgery, and advanced technology intraocular lenses implantation. Dr. van der Vaart maintains memberships with the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, and the North Carolina Society of Eye Physicians and Surgeons.

To learn more about Dr. van der Vaart and to read his full bio, visit WilmingtonEye.com/Robert-Vandervaat.

SAMANTHA WATSON, MD

Dr. Samantha Watson is a board-certified ophthalmologist who offers comprehensive ophthalmology services and specializes in state-of-the-art cataract surgery; femtosecond laser-assisted cataract surgery; premium intraocular lens implantation for correction of astigmatism and presbyopia; and minimally invasive glaucoma surgery. Dr. Watson is a member of the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgery, North Carolina Medical Society, and the North Carolina Society of Eye Physicians and Surgeons.

To learn more about Dr. Watson and to read her full bio, visit WilmingtonEye.com/Samantha-Watson.



Frequently Asked Questions About Cataract Surgery

While cataract surgery is extremely common, there are still many questions and concerns regarding the procedure. Below are some commonly asked questions regarding cataract surgery. Prior to your cataract evaluation, we strongly encourage you to gather additional questions for your ophthalmologist.

Does cataract surgery hurt?

We use a combination of topical anesthesia and IV sedation to ensure that you are comfortable during your surgery. Most patients report feeling no pain at all during the procedure. However, scratchiness, foreign body sensation, and a mild headache have been reported during the first 24 hours following surgery.

Will I be asleep for the surgery?

You will not be put to sleep for your cataract surgery with general anesthesia. However, you will be sedated and may not remember the procedure.

How long will I be in surgery?

Cataract surgery in itself typically lasts 15-20 minutes (per eye). However, due to pre-operative preparation and a brief post-op recovery, your entire stay at the surgical center will be approximately 2-3 hours.

Can I drive myself to and from surgery?

You will not be allowed to drive to or from the surgical center on the day of your surgery. You will receive a mild sedation during surgery, which means that you cannot legally operate a car for 24 hours. Please arrange transportation to and from the surgery facility for both of your surgery dates. A responsible adult must accompany you and stay at the facility during your surgery.

How long will it be before I can see again after cataract surgery?

Every patient heals differently. Following your procedure, you will have a clear shield placed over your eye for protection and will have a postoperative drop regimen to follow for 4 weeks. This is typically the length of time it takes most patients to heal.

When can I resume normal activities following my cataract surgery?

Most patients can read or watch TV the next day following their surgery. During the first two days, you should refrain from driving. During the first week, you should not participate in any rigorous activity such as playing sports, swimming, or sitting in a steam room. Many patients may return to work within a couple of days following their procedure. Please ask your surgeon if you have questions about a specific activity.

Will I need a follow-up procedure?

It is very common for patients who have undergone cataract surgery to need a follow-up procedure months and even years following cataract surgery. The capsule that holds your new IOL in place may become cloudy or wrinkled, causing blurry vision. An in-office procedure called a posterior capsulotomy or “yag procedure” uses a laser to create an opening in the cloudy or wrinkled capsule, restoring clear vision.

*My quality of life has improved more than I could imagine.
I am so thankful for my new sight!*

Caroll | Multifocal lens recipient







WilmingtonEye.com | 910.763.3601