Advanced Cataract Surgery

We have prepared this booklet to help you understand cataracts — what they are and your options for treating them.
How important is it to wake up each morning to clear vision? We believe that improved sight means more than seeing your best. It means being your best.

We are committed to using the most advanced technology for laser, implant and cataract vision correction. If you are considering one or more of these options, look over the following information, research your options and decide what’s best for you. We’ll be there to answer any questions and help in the process.

As you consider surgery, we encourage you to ask questions and share your concerns. We want you to be completely knowledgeable about cataracts—what they are and what your options are for treating them.

When you entrust us with the care of your eyes, our highly experienced team concentrates on achieving the most successful surgical outcome using the most advanced cataract surgery available.
What is a cataract?

A cataract is a clouding of the normally clear lens in your eye. Though painless, cataracts can blur your vision by restricting the amount of light that enters your eye. In addition to hazy vision, indications of cataracts include increasing nighttime glare, poor night vision and a change in how your eyes perceive colors.

In a healthy eye, the iris (the colored part of the eye) regulates the amount of light that enters the eye through the pupil. The light passes through the lens, where it is focused onto the retina at the back of the eye. Signals are then sent from the retina to the brain via the optic nerve, where they are translated into the images you see. An eye with a cataract functions normally except that the lens has grown cloudy. Light enters the eye as usual, but the clouded lens disperses the light, causing the retina to have difficulty transmitting a clear image. Therefore, because the light the retina receives is patchy, the retina’s transmissions to the brain are also affected, resulting in hazy, blurred vision.

Most people’s lenses will naturally become a bit cloudy as they age, and because cataracts tend to develop slowly, surgery may not be immediately necessary. But when your ability to read, drive or carry out other normal activities is hindered in any way, cataract surgery will likely be the best possible solution.
TREATING CATARACTS

How do you know if you have cataracts?

The most important step is to visit your eye doctor so that he or she can evaluate your vision. This evaluation will generally include vision tests, an eye exam and a review of your medical history to uncover any other vision problems you may have. If you are found to have cataracts, our team offers the most advanced, mini-incision, no-suture cataract surgery combined with the most exhaustive laser and implant options you will find anywhere in the region. The next few pages will outline your options for cataract surgery.

In order to remove a cataract, your doctor uses the most advanced mini-incision surgical methods. This allows for less risk, faster healing and oftentimes does not require a suture. A surgeon will begin by making an incision on the eye in order to remove the clouded lens. Then, through a process called phacoemulsification, the doctor uses ultrasound to break the cloudy lens into pieces for removal through the small incision. The cloudy lens will then be replaced by a new artificial lens. The new lens will not change the outward appearance of your eye, but it can dramatically improve your vision.

The exact prescription power of each lens implant is measured specifically for your eye. All are held in place by small flexible loops attached to the lens. Lenses are intended to last a lifetime and are made of materials like silicone and acrylic that will not irritate your eye.

Although your vision should be clearer after surgery and the healing process, you may still need glasses to optimize your vision. That is why it is vital you consider and choose a center with a full menu of laser, implant and cataract options. There is also a possibility that, down the road, a secondary cataract will form. This occurs when the capsule that holds the new lens becomes cloudy. In such cases, a laser treatment, or YAG Capsulotomy, is used to make a small opening in the capsule. This treatment, which only takes a few minutes to perform, will clear up your vision by allowing more light to enter.
REFRACTIVE LASER-ASSISTED CATARACT SURGERY

Have there been advancements in cataract surgical procedures?

Patients who desire to reduce their dependence on glasses after cataract surgery may choose an Advanced Refractive Laser Vision Package. These packages utilize Refractive Laser-Assisted Cataract Surgery, which is a custom, blade-free cataract removal procedure. Traditional cataract surgery has always involved a blade to create several small incisions. However, utilizing this new technology, all incisions are now made with a laser.

This technological breakthrough allows surgeons to plan and perform cataract surgeries with laser precision. Surgeons now have more control, flexibility, and real-time tools for an accurate visual of what’s going on inside the eye. When used in conjunction with our advanced testing, measurements and a variety of intraocular lenses and laser touch-up procedures included in our Advanced Refractive Laser Vision Packages, this technology helps to achieve even more visual freedom after cataract surgery.
TRADITIONAL AND ADVANCED CATARACT SURGICAL OUTCOMES

Refractive Laser-Assisted Cataract Surgery comes included in our Advanced Refractive Laser Vision Packages.

Traditional Cataract Surgery

Fees for this lens and surgery are usually paid by Medicare and other insurance plans (minus co-pay, co-insurance, and deductible). This standard surgery includes the following:

- Medical/therapeutic removal of the cloudy lens and replacement of the lens with a standard lens
- Single preoperative measurement

Advanced Refractive Laser Vision Packages

At Northwest Eye, we can improve upon traditional cataract surgery by using multiple preoperative measurements and intraoperative laser technology to achieve better vision without glasses.

Northwest Eye offers three Advanced Refractive Laser Vision Packages that your doctor can recommend based on your visual outcome goals.

- SINGLE DISTANCE VISION PACKAGE
- DISTANCE + READING MONOVISION PACKAGE
- DISTANCE + READING MULTIFOCAL/ACCOMMODATING PACKAGE

Traditional cataract surgery removes your cloudy lens and replaces it with a new artificial lens. Your vision will be clear, but glasses will be needed after surgery.

Clear single distance can be achieved with Northwest Eye’s Advanced Single Distance Package, but reading glasses will still be needed.

You can be free of glasses and have clear vision with one of Northwest Eye’s Advanced Distance + Reading Vision Packages.
Astigmatism Options

Most patients have some astigmatism. Astigmatism can be treated with the femtosecond laser, an astigmatism-correcting toric lens, or a combination of both. Please be aware that the cost of this astigmatism correction is already included in our Advanced Refractive Packages. Consult with your doctor in making the best decision based on the unique characteristics of your eye and the outcome you desire.

The Advanced Refractive Laser Vision Packages include some or all of the following technology tailored to your specific needs:

- Multiple Zeiss and Lenstar (Swiss) laser measurements of your eye length and curvature
- Screening Zeiss OCT test to detect subtle problems of your macula
- Screening Oculus Pentacam corneal map to detect aspherical problems of the cornea
- Zeiss corneal topography to measure astigmatism axis
- Multiple confirmatory lens calculations based on measurements above (SRK-T, Barrett, ASCRS, others)
- LensAR, LenSx, or Catalys femtosecond cataract laser to make openings for surgery, soften the cataract and correct astigmatism
- Wavefront monofocal, multifocal, accommodating or toric lens based on your needs and goals
- Laser enhancement (if necessary) after surgery
- Extended postoperative period of care (double that of standard surgery)

Please contact our cataract consultant for more information about our Advanced Refractive Laser Vision Packages.

763-416-7627
Remember
The main purpose of cataract surgery is to replace your cloudy lens with a clear lens. The Advanced Refractive Laser Vision Packages can greatly improve your chances of good vision without glasses, but no result can ever be guaranteed. The usual risks of eye surgery, such as infection, retinal detachment and swelling are present no matter which package you choose. Also, some eyes take longer than others to fully heal. In some cases, visual improvement will continue for several months before reaching its maximal potential.

Your Decision
By reviewing this brochure you have taken an important step in educating yourself about cataract surgery options. For an independent perspective on the technologies mentioned here, ask your family eye care provider for more information or visit www.allaboutvision.com/conditions/cataracts.