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A COMPLETE GUIDE TO CATARACT SURGERY



CHESAPEAKE
EYE CARE AND
LASER CENTER®

Maria Scott, M.D.

Dr. Maria C. Scott is the founder and medical director of Chesapeake Eye Care and Laser Center and the medical director of TLC Laser Eye Center Annapolis. One of the nation's most respected cataract surgeons, the number of surgeries she has performed places her among the top cataract surgeons in the mid-Atlantic region and in the top 10 percent of cataract surgeons in the country. Her results, skill and personal demeanor have earned her great respect among patients as well as colleagues in the medical community.



Heather Nesti, M.D.

Dr. Heather A. Nesti is a partner with Chesapeake Eye Care and Laser Center. A board certified ophthalmologist, she offers patients the latest surgical techniques for both glaucoma and cataract surgery. In 2012 and 2013, she was honored with the "Patient's Choice Award for Best Ophthalmologist" from Vitals. She is a member of the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgeons and is the Co-Chief of the Ophthalmology Department at Anne Arundel Medical Center.



Gaurav Srivastava, M.D.

Dr. Gaurav Srivastava is a board certified ophthalmologist at Chesapeake Eye Care and Laser Center. Dr. Srivastava specializes in minimally invasive cataract and glaucoma surgeries, as well as refractive procedures. He is also trained to diagnose, manage and treat a wide variety of eye conditions with a special focus on the treatment of dry eye disease.



Olivia Dryjski, M.D.

Dr. Olivia Dryjski is a board certified ophthalmologist at Chesapeake Eye Care and Laser Center. Specializing in cataract surgery, dry eye and cornea, Dr. Dryjski is trained on the latest techniques and treatments for cornea diseases including corneal cross linking and Descemet Membrane Endothelial Keratoplasty (DMEK) – the newest type of corneal transplant.





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What is a Cataract?

A cataract is a clouding of the natural lens that is located inside the eye behind the iris. When the natural lens becomes cloudy, light is unable to pass easily to the retina and results in blurred vision.

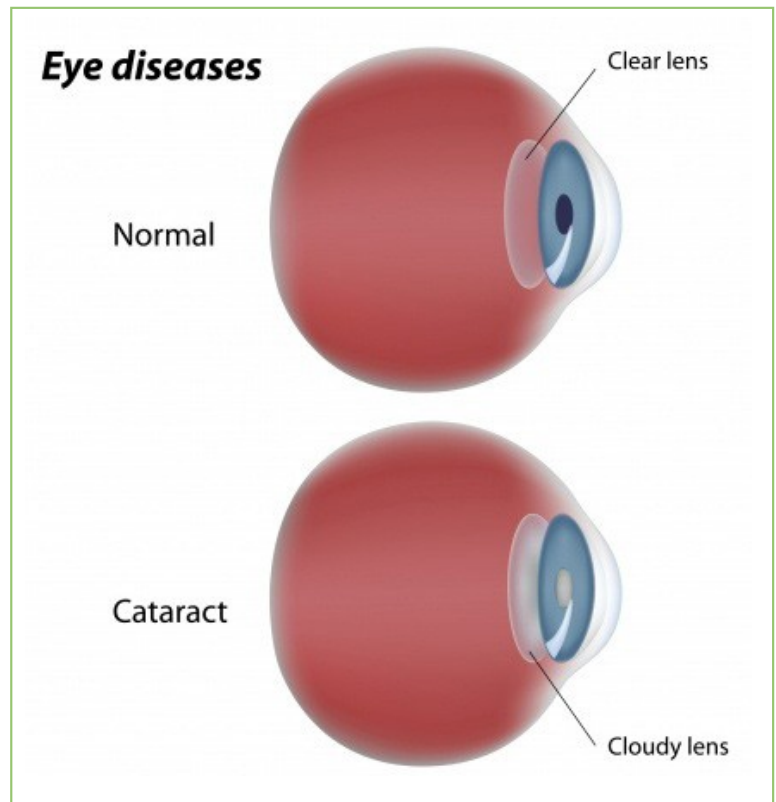
What Causes a Cataract?

The most common factor for developing a cataract is age. Other contributing factors may include increased exposure to sunlight, diabetes, ocular inflammation, ocular trauma and family history. Certain medications can also promote cataract formation.

Common Cataract Symptoms

Cataracts may cause a decrease in vision, glare or poor night vision. Some people experience double vision or muted colors. Those who wear prescription glasses or contacts may find themselves seeking frequent adjustments to their lens power.

Patients may not notice a cataract has formed, as a cataract typically forms in one eye first and the other eye compensates for any visual loss. It can take anywhere from a few months to several years for a cataract to fully develop. If you notice double vision or a sudden increase in cloudiness of your vision, immediately contact your eye care professional.



Cataract Surgery

The first step is getting measurements of your vision and a comprehensive examination of your eyes. When a medical cataract has been determined to be the cause of your blurred vision, it is important to find a practice that offers state-of-the-art technology to help select the best lens options for you.

Why Perform Cataract Surgery?

Depending on the state of the cataract, surgery may be the best option to improve vision. In most cases, cataracts will eventually affect both eyes and if left untreated will further reduce the ability to see clearly.

Surgery to correct cataracts is typically a reasonable option when the cataract affects your vision when performing daily activities such as driving, working on a computer, or watching a television.

How are Cataracts Removed?

Cataract surgery is one of the most common and successful surgeries performed in this country. It is an outpatient procedure performed in either a private, state-of-the-art Medicare-certified surgical facility, like our Chesapeake Cataract Center®, or a hospital.

To treat a cataract, it must be surgically removed and replaced with a synthetic intraocular lens, also known as an IOL. Prior to surgery, patients are given topical anesthetic drops and IV sedation, or twilight anesthesia, to ensure that they are comfortable and relaxed. With the recent advent of laser cataract surgery, the procedure for removal

A Few Things to Know About Cataract Surgery

- Cataract surgery is performed on an outpatient basis.
- Patients are mildly sedated and receive topical anesthetic drops to eliminate any discomfort during the procedure.
- All surgery carries some risk of infection and/or bleeding, but 99.5% of patients report no serious post-operative complications.¹
- Cataract surgery has a quick recovery time and most patients return to normal functioning within a week of surgery.
- Some patients need cataract surgery in only one eye. Other patients require cataract surgery in both eyes. If cataract surgery is needed in both eyes, the patient will be scheduled for two separate surgeries, as only one eye is operated on at a time. Cataract surgery for the second eye is usually performed two to three weeks after the first cataract surgery.

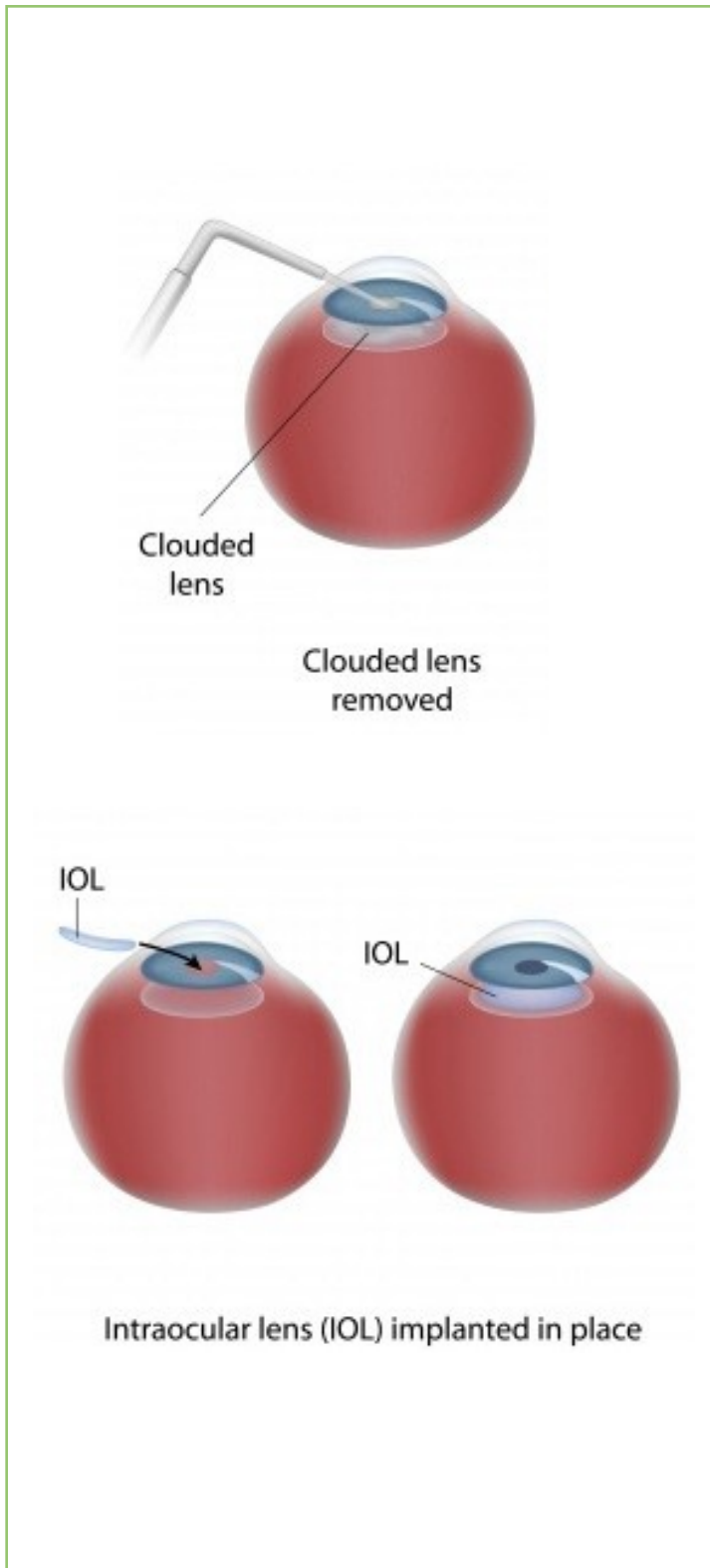
¹ - <http://www.statisticbrain.com/cataract-statistics/>



has changed. Surgeons may perform manual cataract surgery using hand-held instruments to make a small incision and fragment the lens into small pieces prior to removal. Laser cataract surgery allows the surgeon to make bladeless incisions and use laser technology to fragment and soften the lens prior to removal. Once the cataract is removed, the intraocular lens (IOL) is implanted.

Today, there are many lens options. Premium intraocular lenses, including multifocal and astigmatism correcting lenses, allow patients to reduce or eliminate the need for glasses after surgery. Previously, single focus lenses – which require glasses after surgery – were the only option. Your surgeon will work with you to identify the best lens to suit your lifestyle and vision needs.

In most cases, cataract surgery is performed in less than 15 minutes and patients leave wearing a pair of dark glasses. Within 48 hours, patients return to most routine activities with minimal restrictions. It is an exciting time for cataract patients who want to improve their full range of vision, regain their quality of life and minimize or eliminate their dependence on glasses.



Choosing a Lens

Amazing advancements in technology now allow patients to achieve the vision they desire, often without dependence on glasses after cataract surgery. By combining the most advanced lenses for distance and near vision or astigmatism correction with bladeless laser cataract surgery and ORA Precision Vision technology, patients are regaining the vision they had in their 20s. It is truly an exciting time for cataract patients who want to customize their vision.

Before choosing a lens, a thorough evaluation will be performed. This includes several measurements of your eye, a review of any risk factors, identification of any eye health issues, and an assessment of your vision, including farsightedness, nearsightedness, and astigmatism. This information will help the surgeon recommend the intraocular lens (IOL) that is right for you, resulting in the best possible outcome.

Today's lens choices include a basic single-focus lens, multifocal lens or toric lens. Each lens performs differently. Single-focus lenses use to be the only option, and while they are still effective, many patients can expect to use glasses full-time after surgery — especially for reading and intermediate vision.

The premium lenses now offer patients excellent near, intermediate and distance vision, often without the need for glasses after surgery. With the multifocal lens, patients can expect near and distance vision.

For Those with Astigmatism

There are several options now available for patients with astigmatism. The latest laser technology and ORA Precision Vision can correct mild astigmatism giving patients options for multifocal lens technology. If the astigmatism is moderate to advanced, the surgeon may recommend a toric lens to correct the astigmatism and give the patient best distance or near vision. The patient may still need glasses after surgery.

Your surgeon will discuss the lens options that are best for you, your life style, vision and eye health. Not everyone is a good candidate for premium lenses; however, regardless of the lens chosen, today's technology has greatly improved the results of cataract surgery. Expect your surgeon to walk you through the process explaining and advising what will happen before, during, and after the procedure. A surgery without complications usually takes about fifteen minutes, and the majority of patients return to full activity after one week.



How to Select a Surgeon

If you are ready for cataract surgery here are some essential questions you should ask in order to secure the best treatment and care for your eyes from your cataract surgeon.

1. Find out the experience and skill level of the surgeon performing this type of medical procedure. How many surgeries have they performed? What kind of results do they deliver?
2. Ask about the technology available to remove the cataract, including laser surgery. Be sure to find out what different lens implant options are offered.
3. Ask about the cataract evaluation process. It is essential to find a surgeon whose team offers the latest, most thorough testing to evaluate the health of your eye, your vision and the stage of your cataract. Also, be sure to ask about the post-operative care.
4. Discuss your current health issues and ask whether (and how) they may affect the cataract surgery.
5. Ask what kind of outcomes you can expect in terms of the quality of your vision post-surgery. Even though your cataract surgeon cannot guarantee that your vision will improve, you should be aware of the recovery and success rate.
6. You will need to take some precautions after the surgery so make certain you understand the exact steps you must take to protect your eyes while they are healing.
7. Ask how long your eyes will take to heal.
8. Returning to work and other activities is important and your cataract surgeon should inform you of the length of your recovery that is necessary in order to work or even drive a car.



Preparing for Surgery

One Eye or Two?

If both eyes have cataracts that are ready to be removed, typically they will be operated on two to three weeks apart. At the one week post-operative check-up for the first eye, your surgeon will check the second eye to make sure there have not been any changes to preclude surgery. If everything looks good, then the second eye will be operated on the following week. For those only needing cataract surgery on one eye, but wear prescription glasses, the surgeon will address your visual needs for the second eye.

Before Surgery

Prior to cataract surgery, you will undergo a thorough eye health and vision evaluation. Your exam will include a complete, dilated eye exam. Specific measurements of your eye will be taken. The evaluation will include pressure checks, astigmatism evaluation and retina examination, among others. These tests help the surgeon determine if cataract surgery can be performed or if there is another condition that needs to be treated prior to surgery. It is also important to discuss your hobbies, interests, extra-curricular activities and type of



work with your doctor before surgery. By conducting a thorough evaluation, the surgeon will have all the necessary information to determine what type of technology to use, manual or laser surgery and what type of lens will be the best option to suit your vision goals and lifestyle.

Medication

Depending on your specific health and the surgery you will be having, your doctor might ask you to avoid taking certain kinds of medication beforehand. You will also receive a specific pre-surgery and post-surgery eye drop schedule to follow. Among these are anti-inflammatory and antibiotic eye drops. It is important to follow the eye drop schedule as prescribed to ensure the most positive outcome.

Fasting

Depending on the time of day that your cataract surgery is scheduled, you may be asked to not eat or drink anything after midnight. Prior to surgery, a nurse will contact you to review the time of your appointment and any food or drink restrictions.

Surgery Day

Cataract surgery is either performed in a private, state-of-the-art Medicare-certified surgical facility, like the one we have at the Chesapeake Cataract Center® or at the hospital. Prior to surgery, patients are given topical anesthetic drops and IV sedation, or twilight anesthesia, to ensure that they are

comfortable and relaxed. During cataract surgery, the old lens is removed and replaced with a new lens, known as an intraocular lens (IOL). Until recently, the old lens was removed using handheld, surgical instruments. Today, we are proud to be the first in Anne Arundel County to offer our patients bladeless laser cataract surgery, a technology that is revolutionizing the entire procedure and providing patients with unparalleled visual results. In most cases, the actual cataract surgery is performed in less than 15 minutes and patients leave wearing a pair of dark glasses.

Transportation

Ask a friend or family member to drive you to and from your appointment. Although cataract eye surgery is outpatient surgery, you won't be able to drive afterwards.

Recovering from Surgery - What to Expect

Within 48 hours, patients return to most routine activities with minimal restrictions. Depending on your lifestyle and the type of work you do, your doctor may instruct you to avoid doing strenuous activities or performing certain movements, such as lifting heavy objects or bending down. Prior to surgery, your cataract team will review all restrictions for post-surgery.

To monitor the healing of your eyes and to ensure the surgery was successful, you will typically see your surgeon the day after surgery, then the following week, then one month after surgery.

What results can you expect from cataract surgery?

With the major advancements in cataract surgery today, patients are achieving exceptional outcomes and are able to see near, mid and far distances often without the need for glasses. Several key factors play an integral role in the results of your cataract surgery. Getting the right diagnosis, most appropriate treatment, and very best doctors for your individual situation is critical. It's important to find a practice that specializes in the latest procedures, takes time to answer all your questions, and closely monitors your progress – before and after surgery.

Three million Americans have surgery every year with a 98% success rate.² Your time may come, but there is value in identifying your ophthalmologist of choice sooner than later. Talk to your friends for testimonials and consider your Family Physician's referral. Check the surgeon's credentials and memberships and see how comfortable you

When to Contact Your Doctor

While healing time is typically fast and side effects are rare, you should immediately contact your surgeon if you experience any of the following symptoms:

- Vision loss
- Pain that continues even with over-the-counter medication
- Increasingly red eyes
- Floaters and/or light flashes in front of your eye
- Nausea, excessive coughing, or vomiting

Again, these symptoms are very rare and are highly treatable, but it's important to stay in contact with your doctor if you experience them.

are with the practice's staff and physical environment. Whatever happens, do not let these loose ends get in the way of what should be a "no fear" decision to go ahead with your cataract removal.

2 - <http://www.statisticbrain.com/cataract-statistics/>



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2002 Medical Parkway
Sajak Pavilion, Suite 320
Annapolis, MD 21401

1-877-DR4-2020
www.ChesapeakeEyeCare.com