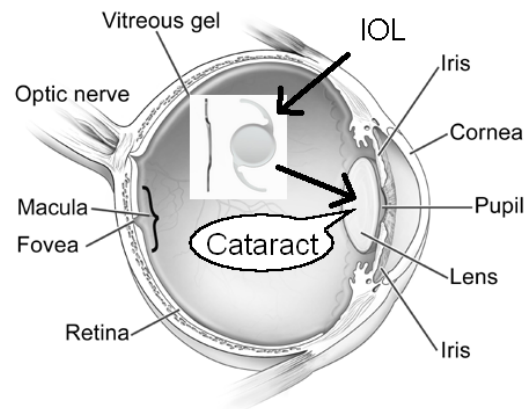


Cataract Surgery

(Dr. Youssef, Premium Vision Surgical Centres)

Cataract surgery is the removal of the natural lens of the eye (also called "crystalline lens") that has developed an opacification, which is referred to as a cataract. During cataract surgery, a patient's cloudy natural lens is removed and replaced with a synthetic lens to restore the lens's transparency. Following surgical removal of the natural lens, an artificial intraocular lens implant (IOL) is implanted. Cataract surgery is generally performed by an ophthalmologist (eye surgeon) in a day surgery setting, one or both eyes at the same time, in a surgical center or hospital, using local anesthesia, usually causing little or no discomfort to the patient. The procedure is done with the use of Topical eye drops to freeze the eyes; the patient is awake throughout the operation. Well over 95% of operations are successful in restoring useful vision, with a low complication rate.



Pre-Surgical Testing and consult

Please use Lubricating drops/artificial tears 4 times per day for the week before you come to see Dr. Youssef. Bring significant other/driver as you will be dilated. Bring a list of meds. Stop using contacts 1wk before the visit.

Please, do your homework and educate yourself. Please visit our website www.PremiumVisionSC.Com and YouTube page.

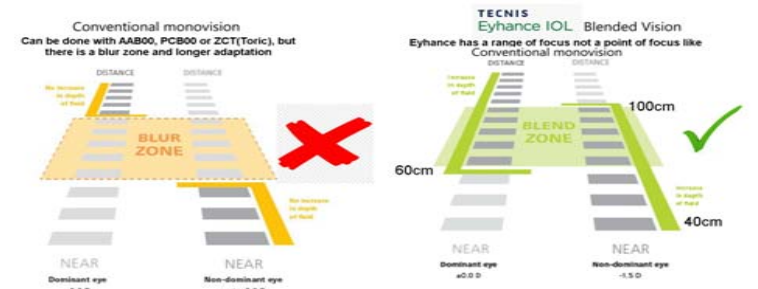
Please remember that this is an investment that you will use the rest of your life from the moment you open your eyes in the morning until you sleep at night. There is no other investment that will give you that return.

All of our surgical patients are required to have pre-operative testing. This testing is done to ensure you receive the best possible outcome after surgery. This advanced testing is not covered by OHIP. Standard testing is \$200.00; however patients who select specialty lenses may require additional testing with additional charges. Patients that had previous Laser vision correction or choosing Symphony or Toric lenses will have additional charges of \$550.00 per eye.

On that day, you will be given all the suitable options available. This includes

1. The different kind of Lens Implants from
 - a. Standard (Covered by OHIP),
 - b. to Aspheric (To improve night vision, \$270),
 - c. Eyhance to improve intermediate(\$540)
 - d. Toric to correct the astigmatism (\$1100), and
 - e. The Extended Range Lens \$1700(To improve the close-up and intermediate vision) and
 - f. Combined Toric/Symphony \$1900/eye.
 - g. Synergy combo lens \$1950/eye
2. Post operative medications:
 - a. Standard Drops (3 drops for 5 weeks)
 - b. LessDrops 1 bottle with all the drops (Drops Mix \$130/eye),
 - c. Droplless (Injection drops, No need for drops after surgery except tears if needed) \$130/eye.
3. One or both eye same time. It's more convenient for you to have the both done at the same time.
4. Location:
 - a. CCH (Cornwall Community Hospital, Covered but much longer waiting list), and

- b. Premium Vision Surgical Centre (PVSC)) (\$1000/eye, much shorter waiting list, laser?)
5. Blended Vision (BV), one eye for distance and one for close, sounds crazy but it works. The conventional BV (\$350) with one focal point for distance and one for close-up. The Eyhance BV (\$1430 including the lenses) would have one eye covering distance to intermediate and one covering intermediate to close-up, with an overlap/blend zone in the middle.



6. Technique:
- a. Laser Cataract Surgery (\$1500/eye, more accurate with laser precision, safer as it takes the human factor out of the equation) This option is only available at PVSC, or
 - b. Manual phaco (excellent but human). Both at CCH and PVSC.

All these options will be discussed with you on the day of the consult. Please bring your significant other with you to help you make decisions. You will be given the date of the surgery. Also please visit our website to watch more VIDEOS and read more.

If your surgery is at PVSC

We will call you the night before the surgery. You don't need to be fasting. We will keep you at the centre to have your follow-up the same day before you go home. You don't need to come second day.

The Day before the surgery CCH

Call the hospital at 613-938-4240 Ext 4060 between 4-6PM to confirm your exact time to be at the hospital. Please do not come to the hospital before the assigned time. Don't be late.

Do not eat after midnight as the hospital wants you to be fasting in case you need sedation. Hospital Policy requires patients to have nothing to eat/drink after midnight the night before the surgery. Clear (see-through) fluids may be taken up to four hours before your procedure.

On the day of the surgery

- Hospital address is 840 McConnell Ave, Cornwall, ON K6H 5S5, south entrance, go to "Day Surgery" on 2nd floor.
- DO NOT eat or drink after midnight the night before your surgery.
- LEAVE all your medications at home and just bring a list to the hospital with you. Take your morning meds with small sip of water except the diabetes pills.
- LEAVE all jewelry including watches and cell phones at home.
- WEAR a button down shirt with no undershirt. If there is a pocket, that would help.
- HANG your jacket in the waiting room and do not bring it inside the day surgery.
- BRING only one family member with you. There is limited seating space. They have to leave and come back to pick you up.
- ARRANGE for a ride home or to take a taxi with an escort. You will also need a ride to your follow-up appointment after you leave the hospital, go straight to at Dr. Youssef's office.
- PLEASE READ THE BOOKLET PROVIDED TO YOU FOR ALL NECESSARY INFORMATION ABOUT YOUR SURGERY BEFORE THE DAY YOU ARE SCHEDULED.

After the surgery

DO NOT RUB YOUR EYES. Rubbing your eyes after Cataract surgery may result in SERIOUS Post operative complications and infections. Once you have your Cataract Surgery, please contact

your optometrist's office and arrange an appointment for their office to see you at 1 and 6 weeks after your surgery date. Dr. Youssef will see you at the 5wk.

Follow up: Your first appointments will be done after your surgery, go straight to the office. At the office you'll be given an appointment for approximately 1 and 5 weeks time.

Patients need to keep the eyes closed for the first two hours after surgery (with the exception of getting around). At the end of the two hours the tape should be removed and the drops started if planned

At the hospital you will be given a schedule of how the drops are to be used. Patients are not required to get up during the night to use the drops. They will be used during waking hours only.

If you chose Droplless, you don't need drops except artificial tears as needed.

Patients having Bilateral Cataract surgery will receive a prescription for two sets of each drop. One set for the right eye and one for the left. This is done for your own safety; in keeping one set for each eye you reduce the risk of infection due to cross contamination.

THE CLEAR SHIELDS TAPED OVER YOUR EYES AT THE HOSPITAL MUST BE WORN TO SLEEP FOR THE FIRST WEEK AFTER SURGERY. You can also use the protective sunglasses held in place with a strap instead of the shields. Eyes should also remain covered when outside to prevent anything being blown into the eyes. Patients must also cover the eyes with swimmers goggles to shower for the first three weeks after surgery.

Sunglasses are recommended to be worn after surgery when outside for the first week. They are more comfortable and protective. You can get your own, non-prescription sunglasses. Bring them to the hospital to leave wearing them.

You will also be given cards for your records with the name and power of the lenses you've had implanted. Please be sure you have them when you leave the hospital, as they are produced there and we do not have copies of the cards in the office.

Glasses (if still needed) should not be purchased until after five to six weeks appointment. You can use +2.00 or +2.50 reading glasses until you get your final prescription from your optometrist.

Patients will often report seeing what resembles quarter moons or black blinders in the peripheral (corner or side) vision. This is perfectly normal. The edge of the IOL causing you to pick up extra light that creates the flickering quarter moons. These flickers of light will most likely be present when you go from a dark to light area or vice versa. These flickers should not be present when your eyes are closed. If they are present with the eyes closed, our office should be contacted as soon as possible. The dark blinders are caused by the lens edge, they get better with time, might take few months.

Patients will often report the sensation of grit or sand in the eyes, the feeling of an eyelash or stitch. There are no stitches in your eyes. The sensation is dryness caused by the surgery. Using the Artificial Tears four times a day should avoid/correct this feeling.

It's normal to see a white patch below the cornea under the lower lid if you had the long acting injection "droplless" done. This can take few weeks/months to go away.

It was once believed that patients should not bend forward after having cataract surgery. We now feel that simple bending is acceptable. Bending to pick something up, ties your shoes those types of things should do you no harm.

Finally, we want to thank you for choosing our teams at Dr. Youssef's office, Cornwall Community Hospital and Premium Vision Surgical Centre (PVSC)) for your eye care needs.