

Hospital policy requires you do not eat/drink after midnight the night before the surgery in case you need sedation.

Day of Your Surgery

For surgery at PVSC

No need to fast beforehand. Arrive on-time for your surgery and allow up to 3 hours for preparation, surgery, and same-day follow-up.

For surgery at CCH

Enter from the south entrance. Go to “Day Surgery” on the 2nd floor.

- Do NOT eat or drink after midnight the night before your surgery .
- Bring a list (not the bottles) of your medications to the hospital. Take your morning medication with a small sip of water (do not take diabetes pills).
- No jewelry including watches. Wear a button-down shirt with no undershirt (preferably with a pocket). Hang your coat in the waiting room.
- Arrange for a ride to take you to PVSC after surgery to follow up then to take you home.

After Your Surgery

DO NOT RUB YOUR EYES FOR 3 WEEKS! It may result in SERIOUS complications and infections.

Your first follow-up will be immediately after your surgery, so head to PVSC.

Book an appointment with your optometrist for 6 weeks after your surgery.

You will receive cards with the name and power of your lenses for your records. Hold on to them as we do NOT keep copies at PVSC or CCH.

Keep your eyes closed for the first 2 hours (except to get around) after which you can remove the tape and

start your drops. At the hospital you will receive a schedule for your eye drops (except dropless surgery). For bilateral patients, a prescription for two sets of eye drops is given for each eye. Your vision will be blurry for up to 24 hours after which most patients are able to drive.

Wear a protective shield for 1 week while sleeping and swimming goggles for 3 weeks while showering. We recommend you wear sunglasses outside for the first week for comfort and protection. You can purchase protective glasses, swimming goggles, and sleeping masks at PVSC **optimized** for post-surgical recovery.

Physical effort like housework and working out are acceptable.

During the healing process, use +2.00 or +2.50 reading glasses if needed until you see your optometrist for the final prescription. **Advanced IOLs will make you less dependent on glasses but in the end, regardless of IOL choice, you may still need glasses for driving (mainly at night) and reading small print.**

It is normal to see “quarter moons” or black blinders in the peripheral (side) vision due to the edge of the lens picking up extra light. Flickering will occur mostly when you go from a dark to light area or vice versa, but if they are present when your eyes are closed, contact PVSC as soon as possible.

Cataract surgery commonly causes dryness so use artificial tears 4 times per day if needed.

If you had dropless surgery, it is normal to see a white patch below the cornea under the lower lid. This can take a few weeks or months to go away.

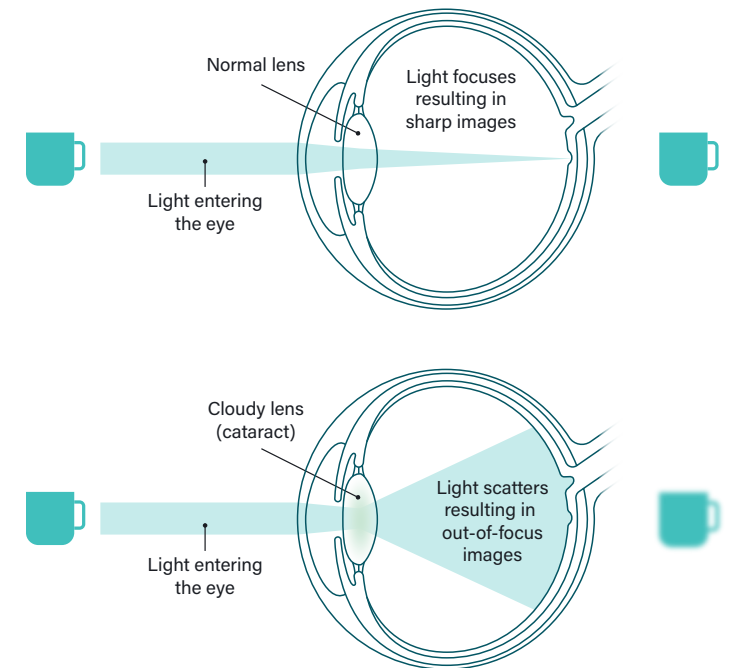
For more information, call us at +1 (613) 933-9100 or visit our website (premiumvisionsc.com).

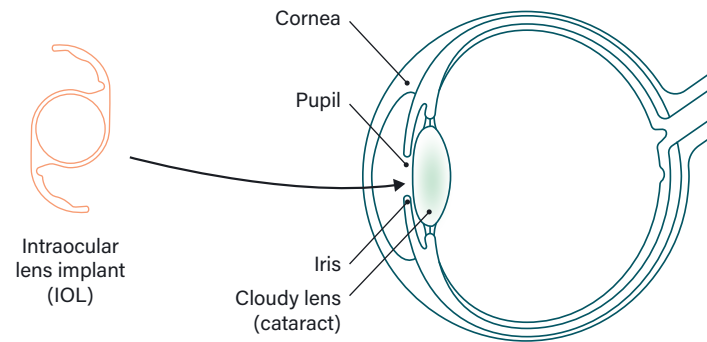


So You're Having Cataract Surgery

Your eye, much like a camera, has a lens that sits directly behind the pupil. Its purpose is to bend light rays that come into the eye so they focus on the retina and allow you to see clearly. Over time, the lens gets cloudy (called a *cataract*) making your vision blurry, foggy and less colorful. This can make it difficult to go about your normal activities and interfere with your quality of life.

Cataract surgery is the removal of the cloudy natural lens and replacing it with a clear artificial lens (IOL) to restore vision.





Cataract surgery is performed in a day surgery setting on one or both eyes at a time. The eye is numbed causing little or no discomfort to the patient who is awake during the operation. It is one of the most common and successful procedures performed worldwide.

Pre-Surgical Testing and Consultation

At PVSC, we strive to achieve results that every patient will be happy. We strongly recommend to every patient to undergo advanced biometric testing (\$200), an alternative to OHIP-covered ultrasound testing, which produces far more consistent and reliable visual outcomes.

Along with biometric testing, any non-standard IOLs require additional testing (+\$100/eye).

For patients who have had laser vision correction or are choosing Synergy or Toric IOLs, there is further testing (+\$350/eye).

During the week before your appointment, use artificial tears 4 times per day and STOP using contacts. Come to your appointment with a list of your medications and bring someone to drive you home as your eyes will be dilated.

Dr. Youssef will discuss the following options based on your test results and lifestyle needs:

● Lens (IOL) implant options

Standard
OHIP

Aspheric
\$170/eye

Eyhance
\$460/eye

Eyhance Toric
\$850/eye

Synergy
\$1400/eye

Synergy Toric
\$1600/eye

IOL prices do not include testing costs.

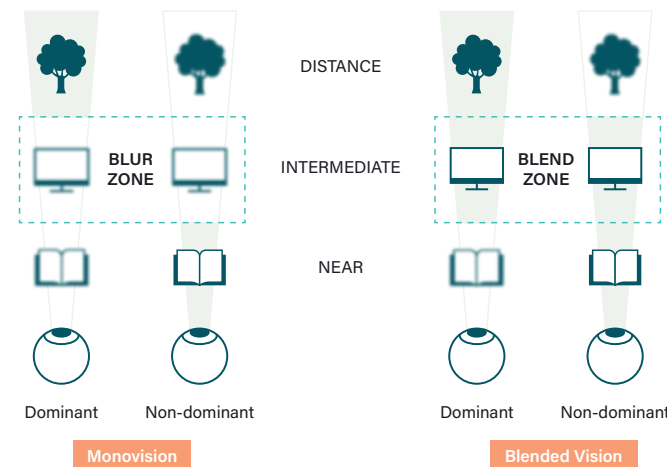
Correcting near vision

If you choose a lens implant that corrects only for distance, you will need glasses for near to intermediate vision. If you would rather less dependence on glasses, Synergy IOL is the best option for continuous range of vision and depth perception. Another options for correcting near vision is monovision, blended vision, or correcting both eyes for near vision (+\$350).

Monovision: One eye for near vision ("reading eye") and one for distance vision with an area of blurred vision in the intermediate range

Blended vision: One eye for near to intermediate and one eye for distance to intermediate so it is easier for the brain to merge the images of both eyes for comfortable intermediate vision and clear vision at every distance

Correct both eyes for near: Rarely, patients opt to have both eyes corrected for near vision and wear glasses for distance



● Unilateral or bilateral

Since 2009, Dr. Youssef has been operating successfully on both eyes (bilateral) same-day. A less popular option is to operate on one eye at a time (unilateral).

● Location of surgery

Cornwall Community Hospital (CCH) - OHIP

Longer waiting list

Premium Vision Surgical Centre (PVSC) - \$1000/eye

Much shorter waiting list with more advanced surgical options like laser

● Surgical technique

Phaco: Traditional technique with instruments to manually create incisions and remove the cloudy lens (OHIP)

Laser (only at PVSC): Extremely precise as it creates a 3D image of your eye so incisions are made exactly where they need to be reducing the possibility of human error (\$1500/eye)

● Post-operative medication

Standard: 2 eye drops daily for 2 weeks then 1 eye drop for 3 more weeks (OHIP-covered for +65 years old)

Dropleess: Drops injected during surgery so you will only need artificial tears if your eyes feel dry (\$130/eye)

Before Your Surgery

For surgery at PVSC

We will call you the night before the surgery. No need to fast the night before. We will keep you at the centre to have your follow-up the same day to save you a second visit.

For surgery at CCH

Call (613) 938-4240 (ext 4060) between 4-6PM the day before to confirm your exact time to be at the hospital. Do not arrive before the scheduled time and do not be late.

1. Premium Vision Surgical Center or Hospital?



PVSC (Private)

- Short waiting list (1-2 weeks)
- Afternoon
- State-of-the-art surgical center, VIP
- Sublingual sedation, no invasive IV's
- Follow up at same location
- Toric and Synergy Lenses Available
- Laser Option Available

\$1000 procedure cost / eye

Hospital (OHIP)



- Long waitlist (6+ months)
- Early Morning
- IV sedation
- Must be fasting (no water, no food)
- Follow up at different location
- Only Basic Lens and Simple Upgrades (No Synergy or Torics)



2. Understanding Your Lens Options

	Covered by OHIP	Not Covered by OHIP (\$)		
	Standard Monofocal	DCB00	Eyhance DIB00	Synergy
	Good for seeing beyond 10 ft <ul style="list-style-type: none"> ⊖ Still need glasses ⊖ Does not improve night vision 	Improved night vision over standard lens <ul style="list-style-type: none"> ⊖ Still need glasses 	Good for seeing beyond 2 ft <ul style="list-style-type: none"> ⊖ Will still need reading glasses for close-up 	Good for seeing all ranges <ul style="list-style-type: none"> *May experience halos around lights at night
No astigmatism	\$ 0 / eye	\$ 270 / eye	\$ 560 / eye	\$ 1950 / eye*
Astigmatism (Requires Toric Lens)	Glasses	\$ 1160 / eye*	\$ 1360 / eye*	\$ 2150 / eye*

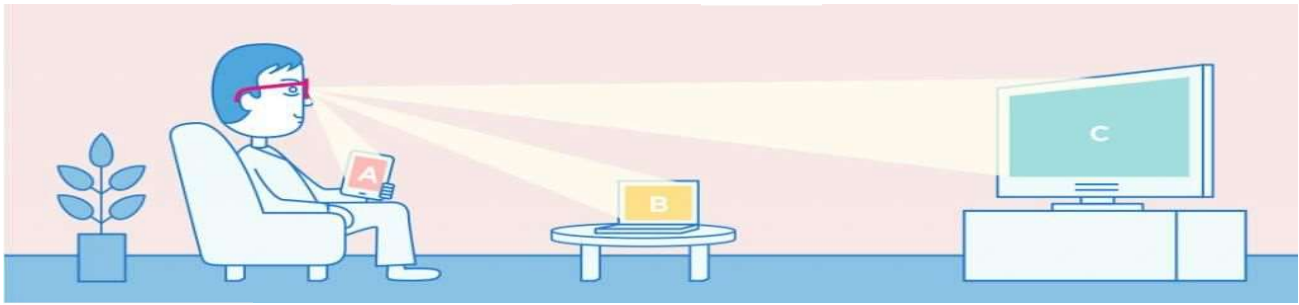
* Only available at PVSC, not available at hospital

Top of the line!



3. How About Reading (Close Up Vision)

Standard
/DCBOO



TECNIS
Synergy IOL

TECNIS
Eyhance IOL



Eyhance IOL
Blended

**Both Eyes
Close-Up**

→ +350\$ cost for both eyes



4. Standard drops or NoDrops?



Standard Drops

- Two bottles
- Acuvail 2 times per day
x 5 wks
- Tobradex 4 times per
day x 2 wks

NoDrops Formula

- Given during surgery -
you won't even notice
- One-time injection
- Eliminates need for
medicated drops



\$130 / eye