NORTH TORONTO
EYE CARE
our focus ... your vision

Cataract Package and Care Guide

WELCOME TO NORTH TORONTO EYE CARE!

Please read through to prepare for your preoperative cataract assessment.

I have read the information in this package.

Name: _____

Date: _____

YOUR SURGEON & CATARACT TEAM RECOMMENDS:

RIGHT EYE:_____

LEFT EYE:_____

LENS CHOICES

VISION PLAN 0: STANDARD OHIP

VISION PLAN 1: ASPHERIC

VISION PLAN 2: MONOFOCAL

VISION PLAN 3: REFRACTIVE MONOFOCAL

VISION PLAN 4: EXTENDED RANGE OF VISION

VISION PLAN 5: FULL RANGE OF VISION

Welcome to North Toronto Eye Care

Dear Valued Patient,

Thank you for choosing North Toronto Eye Care for your cataract care. We are dedicated to providing you with the highest quality of care and ensuring your journey is as comfortable and informed as possible.

This **Cataract Care Guide** is designed to guide you through every step of the process—from understanding what cataracts are to preparing for your procedure and recovering with confidence. Inside, you'll find valuable insights about the condition, your treatment options, and what to expect during and after surgery.

Our experienced team of ophthalmologists and staff are here to support you every step of the way. If you have any questions or concerns at any point, please don't hesitate to reach out. Your comfort, safety, and satisfaction are our top priorities.

We look forward to helping you achieve clearer vision and a better quality of life.

Warm regards,

Dr. Theodore (Ted) Rabinovitch
Medical Director - North Toronto Eye Care

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EYE CARE
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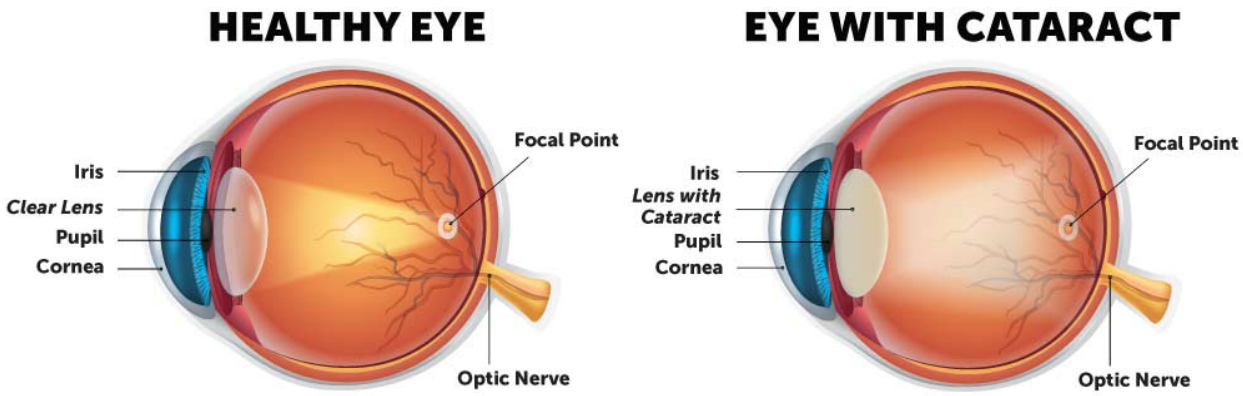
Content Directory

***please complete the **Health and Lifestyle Questionnaire** and bring it with you on your cataract consultation appointment** (PAGE 34)*

WHAT IS A CATARACT

A cataract is a clouding of the eye's natural lens, which lies behind the iris and the pupil. The lens normally focuses light onto the retina at the back of the eye, helping you see clearly. When a cataract forms, the lens becomes cloudy, obstructing light and causing blurred or dim vision.

Cataracts often develop slowly and can affect one or both eyes. They are largely age related and most common in older adults but can also be caused by injury, certain medical conditions (like diabetes), or medications (such as steroids). In the early stages, cataracts may have little effect on vision, but as they progress, they can significantly impair sight and interfere with daily activities like reading, driving, or seeing in low light.



SYMPTOMS OF A CATARACT

The symptoms of a cataract can develop gradually and may vary depending on the type and stage of the cataract. Common symptoms include:

- ✓ **Blurred or Cloudy Vision**
  - One of the first signs of a cataract is a gradual blurring or cloudiness in vision. It may feel like looking through a foggy window.
- ✓ **Difficulty Seeing at Night**
  - Cataracts often cause increased sensitivity to light and glare, making it difficult to see clearly at night or in low-light conditions. Night driving can become particularly challenging due to halos around lights.
- ✓ **Sensitivity to Light and Glare**
  - People with cataracts may experience more discomfort in bright lights or when exposed to glare, such as from headlights or the sun.
- ✓ **Fading or Yellowing of Colors**
  - Colors may appear less vibrant, and whites may have a yellowish tint. This can make it harder to distinguish between colors, particularly in low light.
- ✓ **Double Vision**

- Some individuals with cataracts may see double images, even in one eye.

✓ **Frequent Prescription Changes**

- Vision changes may cause a need for more frequent updates to eyeglass prescriptions. This could include difficulty reading or seeing clearly at different distances.

✓ **Cloudy or Film-Like Appearance**

- Some people may notice a film or haze over their vision, especially if the cataract is more advanced.

Early detection can help manage the condition before it significantly impacts your quality of life.

WHAT CAUSES A CATARACT

Cataracts develop when proteins in the eye's natural lens begin to break down and clump together, causing the lens to become cloudy and impairing vision. The exact cause of cataract formation can vary, but several factors are commonly associated with its development:

✓ **Aging**

- The most common cause of cataracts is aging. As people age, the proteins in the eye's lens naturally start to degrade, which can lead to cloudiness and decreased vision.

✓ **Genetics**

- Family history and inherited genetic conditions can increase the risk of cataracts, with some individuals being predisposed to developing them earlier in life.

✓ **Eye Injury or Trauma**

- An injury to the eye can lead to cataract formation, sometimes years after the trauma.

✓ **Medical Conditions**

- Diabetes: High blood sugar levels can accelerate the formation of cataracts.
- Other conditions: Certain conditions like obesity or Down syndrome may also increase the likelihood of cataracts.

- ✓ **Medications**
  - Long-term use of certain medications, particularly corticosteroids, can increase the risk of cataracts.
- ✓ **UV Exposure**
  - Prolonged exposure to ultraviolet (UV) light from the sun can damage the lens and accelerate cataract formation. Wearing UV-protective sunglasses can help reduce this risk.
- ✓ **Smoking and Alcohol**
  - Smoking and excessive alcohol consumption are associated with an increased risk of cataract development.

Though aging is the leading cause, managing these risk factors can help reduce the chances of developing cataracts or slow their progression. Regular eye exams are crucial for early detection and treatment.

HOW DO I TREAT A CATARACT

Cataract Surgery

- The only definitive treatment for cataracts is surgery, which involves removing the cloudy lens and replacing it with an artificial intraocular lens (IOL).
- The procedure is typically done on an outpatient basis and is highly effective.

Management

- Regular Eye Exams: Early detection allows for better management.
- Healthy Lifestyle: Eating a diet rich in antioxidants and wearing UV-protective eyewear can help slow cataract progression.

CATARACT SURGERY

Cataract surgery is a common and highly effective procedure used to treat cataracts. The surgery involves removing the cloudy lens and replacing it with an artificial lens (intraocular lens or IOL), which restores clear vision.

Cataract surgery typically takes 10 to 20 minutes per eye. However, you can expect to spend about 2 to 3 hours at the surgical facility, including preoperative preparation and postoperative recovery.

The Surgery Process

✓ **Preparation**

- The procedure is performed on an outpatient basis, day surgery.
- Before surgery, the eye is dilated with eye drops, and the area around the eye is cleaned.
- Local anesthesia is used to numb the eye, so the patient remains awake and comfortable during the procedure. Sedatives and/or IV sedation may also be given to help relax the patient.

✓ **During Surgery**

- The surgeon makes a small incision on the cornea. The incision is so small that stitches are not needed and the eye heals naturally
- The cloudy lens is removed, and the IOL is carefully inserted into the eye.

✓ **After Surgery**

- After the procedure, the eye is covered with a protective shield, and patients are usually given antibiotic and anti-inflammatory eye drops to prevent infection and promote healing.
- Most people experience a significant improvement in vision within a few days to weeks.

Recovery

✓ **Recovery:** Recovery from cataract surgery is typically quick. Most people can resume normal activities within a few days, although some may need a week or two for full healing. Patients are advised to avoid rubbing their eyes, heavy lifting, or activities that may strain the eye during recovery.

✓ **Follow-Up Appointments**: Regular follow-up visits are necessary to monitor the healing process and check for complications.

Pre-operative and post-operative instructions are personalized to each individual. Once your surgery is scheduled, your counselor will provide specific details regarding your recovery process.

Benefits of Cataract Surgery

✓ **Improved Vision**: The most immediate benefit is improved vision, often with much clearer and sharper sight than before.

✓ **Better Quality of Life**: Improved vision allows for a greater range of activities, including reading, driving, and enjoying the outdoors.

✓ **Quick Recovery**: The recovery time is relatively short, with most people noticing significant improvements within days.

Cataract surgery is one of the most commonly performed surgeries worldwide, with a high success rate.

Fun Fact About Cataract Surgery: Did You Know?

Cataract surgery is one of the oldest surgical procedures in history, dating back to at least 600 BC! Today, it is one of the safest and most commonly performed surgeries worldwide, with over 20 million procedures done annually.

With advancements like premium intraocular lenses (IOLs), many patients not only regain clear vision but also reduce their dependence on glasses, making cataract surgery a life-changing experience!

PREPARING FOR YOUR CATARACT CONSULTATION

You have been diagnosed with cataracts. We understand that navigating cataract surgery options can be overwhelming, so we want to ensure you have **comprehensive information** to make informed decisions about your treatment.

We will walk you through your journey step by step:

As part of your initial consultation, we highly recommend proceeding with **ocular surface testing (OST)**, these are valuable tests that provide us with information on the state of your eyes for tailored recommendations for cataract surgery. Every is unique, and each cataract surgery is customized accordingly. The OST will reveal the state of tear quality, tear production, and the resulting contour of your ocular surface. It is a technique used to map the shape and characteristics of the eye's surface, specifically the cornea.

These factors are crucial for assessing the overall health of the eye's surface and ensuring the best surgical planning for optimal outcome after cataract surgery. By understanding how tears are produced and distributed across the eye, OST can help detect conditions like dry eye, which could affect the choice of IOL and the surgical approach. Tailoring your cataract treatment plan based on OST allows for optimal surgical outcomes, increased comfort pre- and post- operatively, and faster healing.

The cost of OST is $130 and is not covered by the Ontario Health Insurance Plan (OHIP). This fee covers the specialized equipment and techniques used to gather precise data for your eyes.

During your cataract assessment appointment, you will **meet with our team** of doctors and surgical counsellors. Here we confirm the presence of a cataract, explain how it is impacting your vision, discuss OST

results, review with you the procedure for cataract surgery, and discuss your visual needs for a customized cataract surgery plan.

Once you are ready to proceed with your customized cataract surgery plan, our schedulers and coordinators will help book your surgeries at the appropriate facility of choice – Private surgical centre or Hospital surgical centres.

Understanding the following three concepts will help you make guided decisions when our cataract team provides you with information regarding your cataract surgery:

A. Pre-Operative Diagnostic Testing
B. Intraocular Lens (IOL) Options
C. Manual vs Laser-Assisted Cataract Surgery

While OHIP covers many parts of your evaluation and surgery, there may be additional costs for advanced diagnostic tests, premium lenses, and extra services. During your consultation, our team will provide a comprehensive breakdown to ensure you have all the information you need.

With a comprehensive understanding of the above, you can choose the best vision quality based on your lifestyle where Vision Correcting Intraocular Lenses (IOLs) can be selected to restore your vision and minimize your reliance on glasses. During your appointment, we will discuss your lifestyle and visual needs to help you choose a Custom Vision Plan tailored specifically for you. These plans include advanced diagnostic testing, special feature lens implants, and the option for femtosecond laser-assisted cataract surgery.

We are committed to delivering top-notch care and utilizing the latest technologies. Whether you opt for our Private Surgical Centre or Hospital Setting, we aim to make your experience and results exceptional. We are here to support you throughout this journey and help you achieve the best possible vision.

PRE-OPERATIVE DIAGNOSTIC TESTING

Eye measurements are taken to assess the size and shape of the eye to help determine the appropriate intraocular lens (IOL) for cataract surgery.

1. STANDARD MEASURING, INSURED SERVICE (covered by OHIP)

The eyes are measured using ultrasound.

2. ADVANCED MEASURING, UNINSURED SERVICES (not covered by OHIP)

The eyes are measured using more precise light-based measurements and includes: Lenstar Biometry, iTrace Wavefront Aberrometry, Corneal Topography, Pentacam Corneal Tomography, Specular Microscopy, and Verion Reference Imaging.

These diagnostic tests, although not medically essential, provide invaluable data from your eyes to uniquely ***customize your treatment plan*** *and* ***select the most suitable intraocular lens (IOL)****, especially for selecting premium IOLs (ie. lifestyle/multifocal lenses) that will maximize your quality of vision and minimize your dependence on glasses.*

INTRAOCULAR LENS (IOL) IMPLANT: YOUR OPTIONS

An intraocular lens (IOL) is a small, artificial lens, and is measured and implanted into the eye after the natural lens is removed during cataract surgery. It replaces the cloudy, impaired lens, helping to restore clear vision. IOLs are largely made from acrylic and are designed to be safe and compatible with the eye. The IOL helps the eye focus properly and can improve vision at various distances, reducing or eliminating the need for glasses.

There are two major categories of Implants:

COVERED BY OHIP: The standard IOL

It is a single focus lens that replaces the cataract lens with a clear lens. They will also correct some or most of your nearsightedness or farsightedness**. You will require glasses after surgery.**

NOT COVERED BY OHIP: The premium IOL

This has more sophisticated optics and are designed to correct optical aberrations, astigmatism or presbyopia (the inability to focus from distance to near, requiring you to use reading glasses or bifocals). The difference in price between these lenses and the Standard lens is charged to the patient. ***All Custom Vision Plans include Premium IOLs.***

Modern IOLs are tailored to meet individual vision goals, ranging from basic correction to advanced options that significantly reduce or eliminate the need for glasses.

VISION PREFERENCES AND CUSTOM VISION CORRECTION

Your vision preferences matter. You can prioritize the best vision quality based on your lifestyle for reducing the need for distance glasses or achieving clear distance and near visions. We introduce you to the concept of “Refractive Cataract Surgery” where Vision Correcting Intraocular Lenses (IOLs) can be chosen to restore your vision and reduce dependency on glasses. During your appointment, we will discuss your lifestyle and visual needs in order to better assist you in choosing a ***Custom Vision Plan*** that is designed especially for you. These vision plans will offer advanced diagnostic testing, special feature lens implants, and the option for femtosecond laser assisted cataract surgery. Before you leave today you will be able to choose a vision package that is customized to fit both your lifestyle and budget.

Key Points to Consider

1. **Lifestyle Needs**: Multifocal or Extended Depth of Focus lenses suit those seeking reduced dependence on glasses.
2. **Astigmatism**: Toric lenses correct astigmatism and are available across different IOL categories.
3. **Visual Disturbances**: Multifocal lenses may cause glare or halos at night, whereas monofocal and EDOF lenses typically have fewer disturbances.
4. **Budget**: Premium lenses often involve additional costs.

The chart below summarizes the types of IOLs available, the vision ranges they cover, their key features, and the level of glasses dependence you can expect. This comparison is divided over **three general zones of vision** that will help you understand the benefits of each lens type and guide your decision based on your lifestyle, visual needs, and preferences.

DISTANCE (66cm+)	INTERMEDIATE (60-66cm)	NEAR (40cm)
Golf/ Ski	Dashboard of car	Reading a book
Driving (street signs)	Cooking	Applying make-up or shaving
Watching TV/movie	Stairs	Reading text messages on phone
	Reading Menu	

VISION PREFERENCES

- ✓ I want to have the best vision quality that is available
- ✓ I would like to see as clear as possible for distance reducing the need for distance glasses
- ✓ I would like to have as clear vision for both far and close as possible, reducing the need for reading glasses, bifocals or progressive glasses.

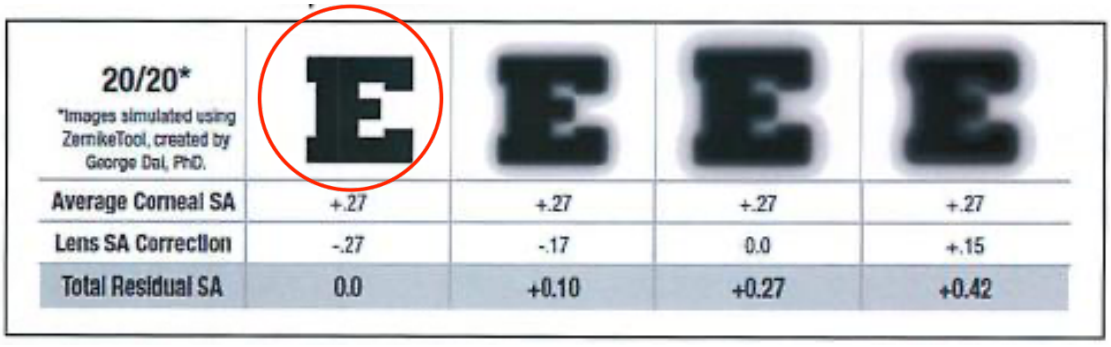
Range of Vision Correction with IOLs	DISTANCE	INTERMEDIATE	NEAR	Astigmatism Correction (TORIC)
Monofocal • Provides clear distance vision	✓✓✓			✓
Refractive Monofocal (Eyhance™) • Provides increased width of vision for some functional intermediate zone in addition to clear distance	✓✓✓	✓		✓
Extended Depth of Focus (Vivity® or Puresee™) • Provides further range of vision from distance to intermediate/ some near	✓✓✓	✓✓	✓	✓
Full range of vision or Multifocal (Panoptix® Pro or Odyssey™) • Provides three complete zones of vision from distance to intermediate to near • Light glare/haloes at night are expected	✓✓✓	✓✓✓	✓✓✓	✓

PREMIUM IMPLANT OPTIONS

ASPHERIC LENS corrects spherical aberration of the eye

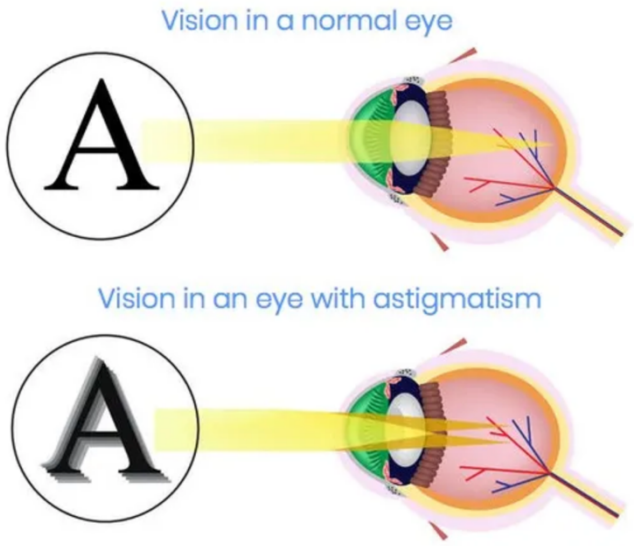
For patients who want to have sharper, higher contrast distance vision especially at night or during low-contrast environments such as at dusk or when it's raining.

- ✓ Better vision during low-light conditions such as night time driving.
- ✓ Quality of long distance vision will improve
- ✓ Reading glasses are still required



TORIC LENS corrects spherical aberration and astigmatism

Astigmatism is a common eye condition that makes your vision blurry or distorted because the shape of your eye isn't perfectly round. Imagine your eye is optically shaped like a basketball; in astigmatism, it's more like a football or egg. This uneven shape causes light to focus unevenly on the retina (the back of your eye), making objects look fuzzy or stretched out at any distance. It's easily treatable with glasses, contact lenses, or corrective surgery.



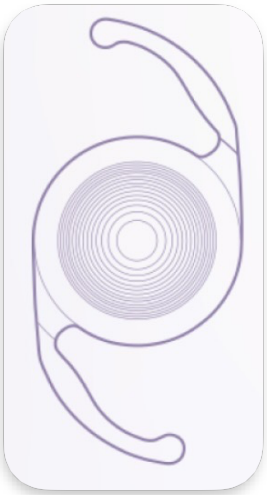
If you have both cataracts and astigmatism, modern cataract surgery can correct both issues at the same time using **REFRACTIVE CATARACT SURGERY**.

Fixing Astigmatism:

a. **Toric Lenses**: Special lenses are used to correct and neutralize the uneven shape of your eye, improving your vision. Toric lenses are available for all IOL options except for the standard OHIP monofocal.
b. **Small Corneal Adjustments**: Tiny cuts in the cornea can also help reshape the eye to reduce astigmatism. These are known as Limbal Relaxing Incisions (LRI).

✓ Quality of long distance vision will improve
✓ Reading glasses are still required

FULL RANGE OF VISION LENSES



- **Clareon® PanOptix® Pro**

  The Clareon® PanOptix® Pro from Alcon is a multifocal correcting intraocular lens (IOL) for patients with presbyopia undergoing cataract surgery. This is a lens option for patients who are looking to correct their three zones of vision with a single lens.

  With visibility in all lighting conditions and reliable UV and blue light filters, the PanOptix® lens truly allows for flexible transitioning in all day-to-day functions, such as using a computer, outdoor activities, or reading a newspaper.

  The Clareon® PanOptix® Pro is equipped with ENLIGHTEN NXT ® Optical Technology that optimizes intermediate vision without compromising exceptional near and distance vision.

  Glasses may still be required for some activities, such as prolonged reading or reading very small print like on a prescription bottle.

- **Tecnis Odyssey™**

  The Tecnis Odyssey™ from Johnson and Johnson combines extended depth of focus technology with multifocality to create a continuous range of vision from distance to 33 cm without the drop out at intermediate distances seen by previous multifocal designs.

EXTENDED RANGE OF VISION LENSES

Offers great intermediate vision (computer, seeing the dashboard) and distance vision. Reading glasses will be required.

REFRACTIVE MONOFOCAL

- **Tecnis Eyhance™** lens from Johnson and Johnson is a refractive technology monofocal lens that provides one additional line of vision at functional intermediate range (~66cm).
  The lens is a conventional monofocal lens with minimal glare.

WAVEFRONT TECHNOLOGY

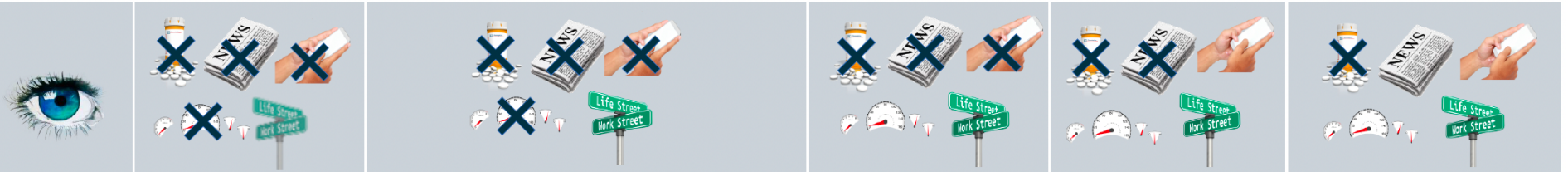
- **Clareon® Vivity®** lens from Alcon extends depth of focus creating a continuous range of vision across distance and intermediate range. This lens visual disturbance profile is similar to a monofocal lens in that majority of patients are not bothered by halos glare or starbursts.

CONTINUOUS-POWER TECHNOLOGY

- **Tecnis PureSee™** lens from Johnson and Johnson is a refractive continuous-power technology that provides distance to intermediate range of vision. This lens provides optical quality comparable to a monofocal lens under diverse lighting conditions

CUSTOM CATARACT PACKAGES

CUSTOM CATARACT PACKAGES & PRICING

METHOD	MANUAL CATARACT SURGERY		+/- FEMTO LASER CATARACT SURGERY		FEMTO LASER CATARACT SURGERY	
PRECISION PLAN	**Precision Plan 0** **Low Contrast Monofocal**	**Precision Plan 1** **High Contrast Monofocal**	**Precision Plan 2** **Precision High Contrast Monofocal**	**Precision Plan 3** **Partial Depth of Field**	**Precision Plan 4** **Extended Depth of Field**	**Precision Plan 5** **Continuous Depth of Field**
LOW ASTIGMASTISM	✓ OHIP Standard Lens -- ✓ IOL Master ✓ Post Operative Kit	✓ High Contrast Lens ✓ Tier 1 Diagnostics (pay at clinic)	✓ High Contrast Lens ✓ Tier 2 Diagnostics	✓ Eyhance Lens ✓ Tier 3 Diagnostics ✓ Femto Laser	✓ Puresee/Vivity Lens ✓ Tier 3 Diagnostics ✓ Femto Laser	✓ Panoptix Pro/Odyssey Lens ✓ Tier 3 Diagnostics ✓ Femto Laser
HIGH ASTIGMATISM		✓ Toric Lens ✓ Tier 1 Diagnostics	✓ Toric Lens ✓ Tier 2 Diagnostics	✓ Toric Eyhance Lens ✓ Tier 3 Diagnostics ✓ Femto Laser	✓ Toric Puresee/Vivity Lens ✓ Tier 3 Diagnostic ✓ Femto Laser	✓ Toric Panoptix Pro/ Odyssey Lens ✓ Tier 3 Diagnostics ✓ Femto Laser
						
	Near + Intermediate + Distance	Near + Intermediate	Near + Intermediate	Near + Minimal Intermediate	Small Print + Near	Fine Print

MANUAL VS LASER ASSISTED CATARACT SURGERY (FLACS)

Manual Cataract Surgery is the traditional method where the surgeon uses hand-held tools to make an incision, remove the cloudy lens using ultrasound energy, and replace it with an intraocular lens (IOL).

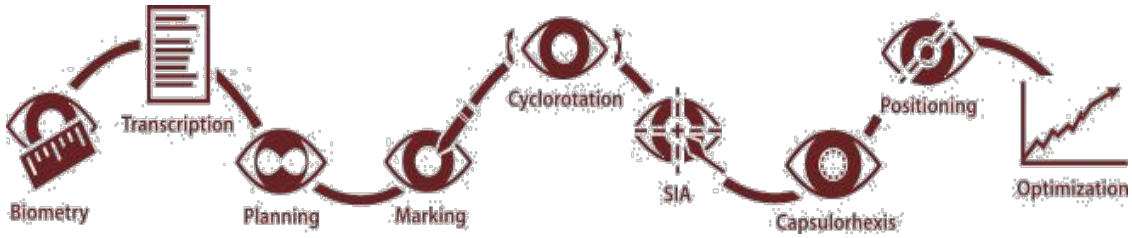
Laser-Assisted Cataract Surgery uses femtosecond laser technology to make precise incisions, break up the cataract, and open the lens capsule before removing the cataract. It offers greater precision than standard manual surgery.

Here's a comparison chart highlighting the advantages of Laser-Assisted Cataract Surgery over Manual Cataract Surgery:

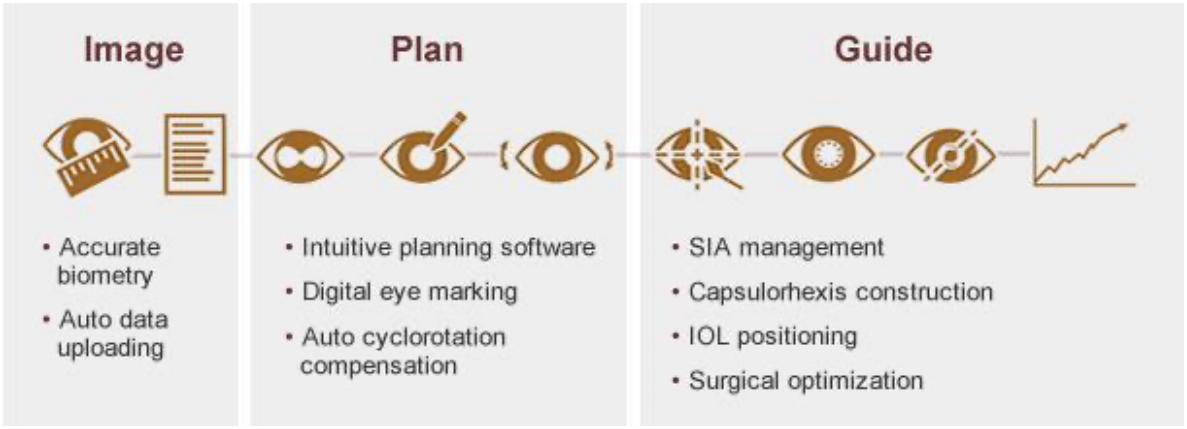
Feature	**Manual Cataract Surgery**	**Laser-Assisted Cataract Surgery**
Technology	Traditional hand-held surgical tools	Advanced femtosecond laser for enhanced precision and accuracy
Precision	Relies on surgeon's skill and experience	Significantly more precise, with customizable options for each patient
Incisions	Small incisions	Ultra-precise, smaller incisions
Recovery	Recovery time can vary, with some patients needing more time	Potentially faster recovery due to less use of ultrasound energy
Cost	OHIP Covered	Not OHIP insured
Customization	Standard procedure	Tailored to individual eye measurements for maximum effectiveness
Suitability	Suitable for most patients, but less precise for complex cases	Ideal for patients seeking the most precise and personalized approach, especially with complex eye conditions
Overall, Success Rate	High success rate (95-98%)	Similar or slightly higher success rate due to improved precision

Laser-Assisted Cataract Surgery offers enhanced precision, a faster recovery time, and a potentially lower risk of complications compared to manual surgery. While it may come at a higher initial cost, the advanced technology provides significant benefits, including a more tailored surgical experience.

VERION
IMAGE GUIDED SYSTEM



VERION™ Image guide System is an entirely new way of looking at refractive cataract surgery. It is a cutting-edge digital platform that enhances the precision and effectiveness of cataract surgery. By utilizing advanced imaging and real-time data, VERION™ allows surgeons to plan and perform cataract procedures with exceptional accuracy, resulting in improved visual outcomes.



With more and more cataract patients asking for better vision, reducing your refractive error has never been more important. Unfortunately, with today's cataract refractive surgical procedure, there are multiple sources of potential error that are inherent to the status quo process.

While each of these instances may only yield a tiny amount of error, they can add up to a significantly impacted refractive outcome because **there are so many of them.**

Surgeons must constantly be on the lookout for potential sources of refractive error.

The VERION™ Image Guided System helps minimize potential sources of error during each step of the surgical process. From patient imaging to surgical planning to procedural guidance, the VERION™ Image Guided System is designed to help you consistently hit your cataract refractive target.

Key Advantages:

- ✓ Advanced Imaging: VERION™ provides high-definition, 3D imaging of the eye, enabling the surgeon to visualize the eye's anatomy in detail, which aids in precise surgical planning.
- ✓ Optimized IOL Selection: The system helps surgeons select the ideal intraocular lens (IOL) based on highly accurate measurements of the eye, ensuring the best possible vision correction after surgery.
- ✓ Real-Time Guidance: VERION™ delivers real-time data during surgery, allowing the surgeon to make precise adjustments to the incision and IOL placement, leading to more accurate results.
- ✓ Personalized Surgical Plan: The platform allows for tailored surgical planning that considers the unique needs of each patient, optimizing the chances of a successful outcome.

WHERE WILL MY SURGERY TAKE PLACE

At North Toronto Eye Care, we understand that each patient is unique, and we provide a variety of services tailored to meet your individual needs and preferences.

Private Refractive Surgical Centre – Precision and Personalization with Additional Fees

Our Private Surgical Centre is dedicated to providing an elevated surgical experience with a focus on precision and personalization. Specializing in refractive cataract surgery to reduce dependency on glasses, this facility features advanced technology including Femtosecond Laser. Femtosecond Laser assisted cataract surgery (FLACS) allows for precise and customized incisions, enhancing accuracy in lens fragmentation and potentially leading to improved visual outcomes.

While OHIP covers aspects of your evaluation and surgery, it's important to note that services beyond standard care, such as advanced diagnostics, upgraded lenses, and certain procedures may incur additional fees. Our team will provide you with a clear detailed breakdown during your consultation regarding extra costs.

For those considering surgery at our Private Surgical Centre, additional advanced diagnostics include Lenstar Biometry, iTrace Wavefront Aberrometry, Corneal Topgraphy, Pentacam Corneal Tomography, Specular Microscopy, and Verion Reference Imaging.

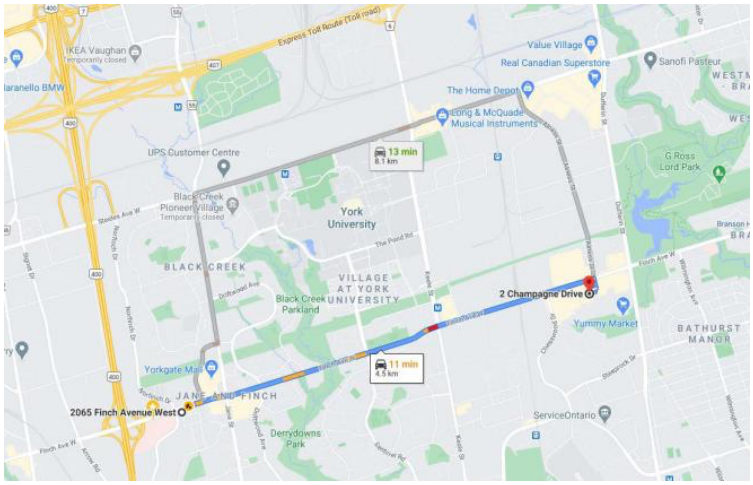
North Toronto Eye Surgery Centre (Private Surgical Centre)

2 Champagne Drive, Unit C2

East Entrance – Champagne Centre

Toronto, Ontario M3J 2C5

Phone: (416) 792-3043



Financial Considerations:

While some aspects of your evaluation and surgery are covered by OHIP, advanced diagnostics tests, upgraded lenses and additional services may incur extra costs. Our team will provide you with a detailed breakdown during your consultation for transparency and clarity.

We are committed to providing you with the highest quality of care and the most advanced technologies available. Regardless of whether you choose our Private Surgical Centre or a Hospital setting, your journey and outcome will be excellent! We are here to guide you through this complicated journey and help you achieve the best possible outcome.

Hospital Surgical Facilities – Comprehensive Care with Standard OHIP Coverage

For some patients, certain health factors may make cataract surgery at the hospital a more suitable option. If you require additional medical support or a more general approach to your procedure, the hospital setting may be recommended. This option provides comprehensive care for cataract surgery and is covered by standard OHIP. However, optional upgrades, such as enhanced lenses or advanced diagnostic services, are not included in OHIP coverage and will involve extra charges. Our team will help you navigate these options and ensure the best decision is made based on your health needs.

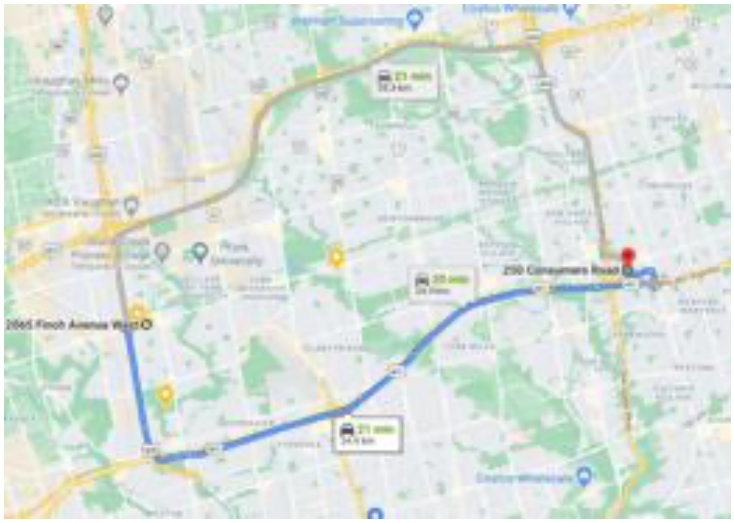
North York Eye Surgery Center

(Hospital Surgery Facility)

243 Consumer Road 3rd floor
Toronto,

Ontario M2R 1N5

Phone: (416) 756-6581



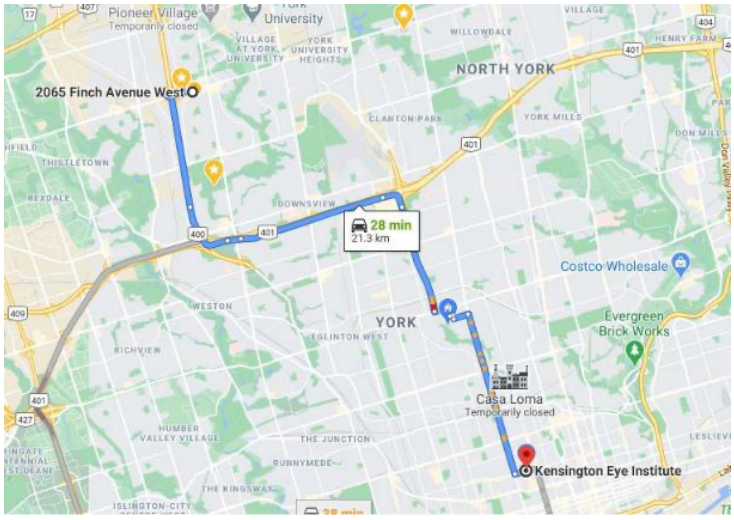
Kensington Eye Institute (KEI)

(Hospital Surgery Facility)

340 College Street, Suite 600

Toronto, Ontario M5T 3A9

Phone: (416) 928-2132



Michael Garron Hospital

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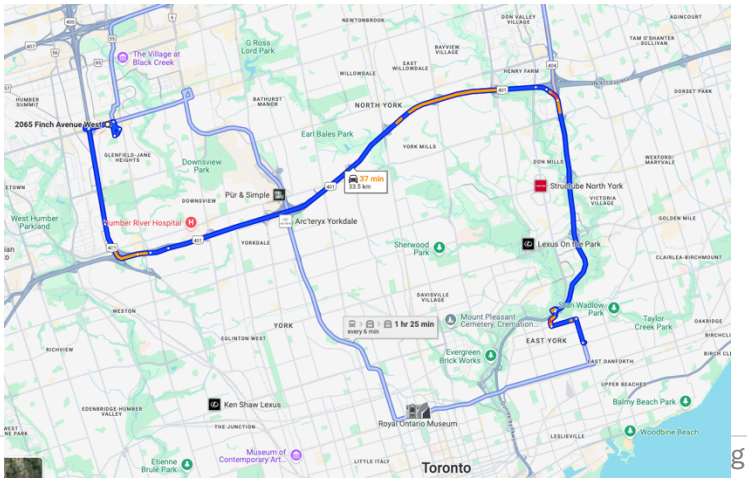


EYE PHYSICIANS AND SURGEONS OF ONTARIO

Cataract Surgery in Ontario

What is covered by OHIP? What are the non-insured options? How much should it cost? Can I pay to get faster surgery?

Patients with cataracts in Ontario have many options to consider with surgery. Cataract is the progressive hazing of the natural crystalline lens in the eye. It causes decreased vision that can impact your ability to read, drive, work, and function.

Cataract surgery is the most commonly performed surgery in Canada, during which your cataract is removed and an artificial intraocular lens is implanted. Technological advances have revolutionized cataract surgery allowing for improved safety, the costs of which are funded by provincial health insurance plans, such as OHIP in Ontario.

Patients with cataracts in Ontario can have their vision restored by OHIP funded surgery without paying extra money out of pocket.

Several newer innovations in cataract surgery are not covered by OHIP and are optional choices for all patients in Ontario. These non-insured services are not medically necessary and are designed to reduce dependence on glasses/contact lenses, and/or to potentially enhance the quality of your vision.

What are my non-insured options?

Your ophthalmologist may discuss optional non-insured testing, procedures, and special feature lens implants if appropriate to your individual situation. Every patient has a right to know their options and to make well informed decisions about which options, if any, they wish to choose and the costs involved.

Non-insured cataract services are paid for directly by the patient to the surgeon's clinic or hospital and may include specialized diagnostic eye measurements; special feature lens implants; and certain surgical procedure, diagnostics and lasers.

EYE PHYSICIANS AND SURGEONS OF ONTARIO

Preoperative measurements in the office

Eye measurements are needed to select the appropriate lens implant used during surgery. OHIP covers testing using ultrasound. Non-insured alternative and/or additional eye testing may provide more accurate eye measurements.

Optional non-insured preoperative testing may permit a more customized vision correction with lens implants and reduce your dependence on glasses at the focus point of your choice (distance or near).

Preoperative testing takes place in your surgeon's office, where payment for these optional services is made.

Procedures & devices in the surgical facility

OHIP covers cataract surgery costs including surgeon fees and the standard lens implant. Special feature implants, additional procedures, specialized diagnostics, and certain lasers are non-insured services that patients can choose at the surgical facility or hospital for an additional cost.

Optional special feature lens implants may:

- treat astigmatism
- reduce your need for glasses
- attempt to improve the quality of your vision

How much will non-insured services cost?

All non-insured cataract services in Ontario are optional. Your ophthalmologist should discuss with you any fees for non-insured services and answer any questions you may have.

The cost for non-insured services can vary between surgeons and hospitals/surgical facilities. The Canadian Ophthalmological Society (COS) outlines average costs for these cataract services in an online statement on Values for Uninsured Services in Canada.

Can I pay to get faster surgery?

No. Wait times can vary sigfinificantly for cataract surgery. Independent of where your surgery takes place, Ontario surgeons are legally prohibited from offering faster surgery for a fee, otherwise known as queue jumping. Any payment out of pocket should only be for non-insured testing, procedures, or lens implants — not to have surgery done sooner.

Where can I get more information?

The Eye Physicians and Surgeons of Ontario (EPSO) Code of Ethics (www.epso.ca) is a guideline for practicing ophthalmologists.

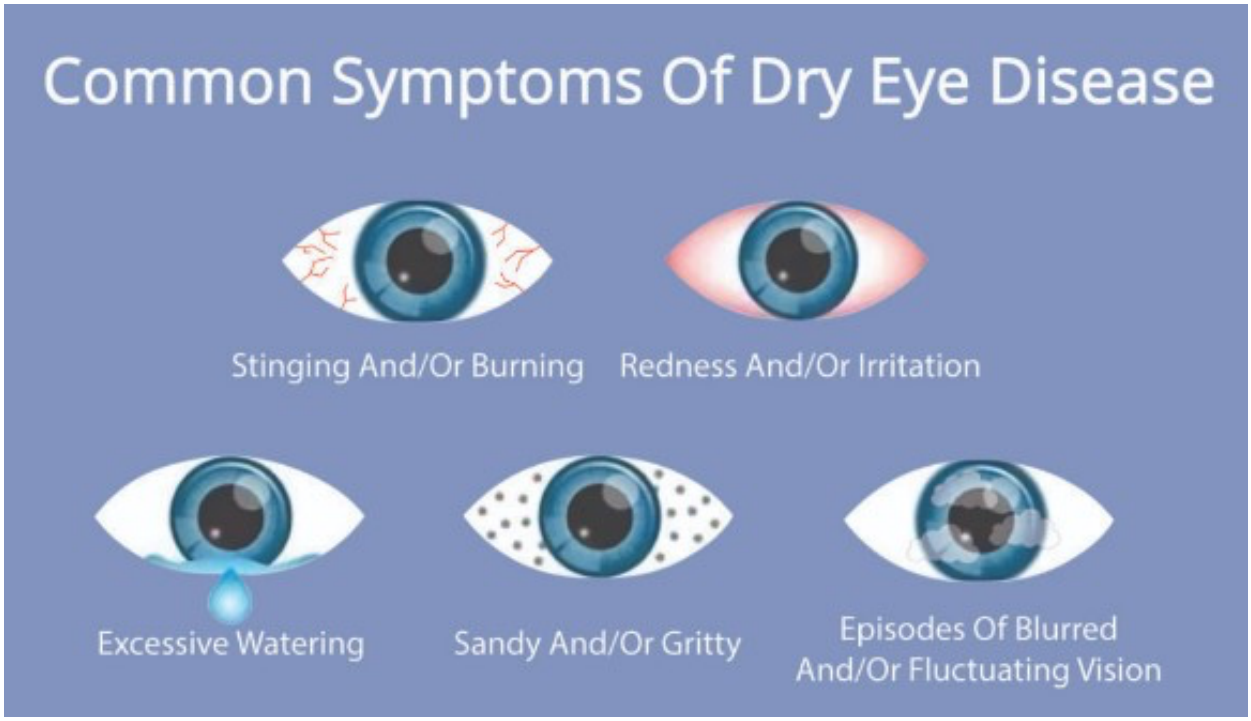
The College of Physicians and Surgeons of Ontario (CPSO) has an online policy on Block Fees and Uninsured Services.

To learn more scan this QR code or visit www.epso.ca

CATARACT AND DRY EYE DISEASE (DED)

Dry Eye Disease occurs when the eyes do not produce enough tears or when the tears evaporate too quickly, leading to irritation and discomfort. Symptoms include a gritty or burning sensation, redness, blurry vision, and increased sensitivity to light. Dry eye can be caused by factors such as aging, medications, environmental conditions, hormonal changes (especially in women), and certain medical conditions like diabetes or autoimmune disorders.

Many individuals with cataracts, especially older adults, may also have dry eye. As people age, tear production naturally decreases, making them more prone to dry eye.



Managing DED before any eye surgery, including cataract surgery, is crucial for several reasons:

Surgical Impact: Cataract surgery can potentially aggravate existing dry eye symptoms or cause an asymptomatic individual to become symptomatic, as the surgery can lead to temporary changes in the tear film or the disruption of the surface of the eye.

- After cataract surgery, inflammation can occur, and this can impact the tear-producing glands. It can lead to a further reduction in tear production, exacerbating dry eye symptoms.
- Patients are often prescribed eye drops (e.g., anti-inflammatory or antibiotic drops) to aid healing after cataract surgery. These medications can sometimes lead to dryness or irritation of the eyes, exacerbating dry eye symptoms in susceptible individuals.
- Cataract surgery can affect the tear film's stability, leading to temporary or persistent dry eye symptoms. This is particularly true for patients who already have a history of dry eye, as the surgery

may disrupt the eye's natural tear homeostasis. Ensuring the ocular surface is healthy before surgery helps achieve better visual outcomes and higher patient satisfaction.

Accurate Measurements: The tear film is the eye's primary refractive surface. An unstable or unhealthy tear film can lead to inaccurate measurements during pre-surgical evaluations, such as biometry and keratometry. These measurements are essential for selecting the correct intraocular lens (IOL) power. Inaccurate measurements can result in suboptimal visual outcomes post-surgery.

Infection Prevention: A healthy ocular surface reduces the risk of postoperative infections, such as endophthalmitis. Treating conditions like **blepharitis** and **meibomian gland dysfunction**, helps maintain a clean and stable ocular environment, reducing the likelihood of infection.

Patient Satisfaction: Patients with untreated dry eye are more likely to be dissatisfied with their surgical outcomes due to persistent symptoms such as grittiness, burning, and fluctuating vision. Addressing dry eye before surgery ensures that patients have realistic expectations and are more likely to be please with their results.

At North Toronto Eye Care, we ensure the ocular surface is healthy and that it sets the stage for successful surgery and smoother recovery.

We are able to achieve this through:

✓ **Pre-operative diagnostics:** Before cataract surgery, a thorough eye examination is essential to assess the ocular surface. This includes Ocular Surface Testing that is done as part of your cataract consultation.

✓ **Pre-operative Home and In-office Dry Eye Therapy**:

Managing dry eye symptoms before and after cataract surgery is crucial for ensuring a smoother recovery and optimal visual outcomes. Various treatments can help alleviate dry eye discomfort:

Home Therapies

- **Artificial Tears:** Using preservative-free artificial tears before and after cataract surgery can help keep the eyes lubricated and reduce dryness. These drops provide moisture to the surface of the eye, ensuring better comfort and reducing irritation.
- **Anti-Inflammatory Medications:** Steroid eye drops or cyclosporine A (Restasis) can be prescribed to reduce inflammation and improve tear production. These medications help manage any inflammation in the tear-producing glands and promote better tear production. These drops are recommended pre-operatively and to resume a month after cataract surgery.
- **Hot Compresses and Lid Wipes:** Warm compresses with a microwaveable eye mask improve the function of the meibomian glands, which produce the oily layer of the tear film. This helps prevent the evaporation of tears, ensuring that the eyes stay lubricated and comfortable, especially after surgery. Lid wipes aid in reducing inflammation of the lids by removing bacteria, mites and buildup along the lids and lashes.

In-Office Advanced Dry Eye Therapies

- **ZEST** (Zocular Eyelid System Treatment)**:** A highly effective procedure designed to cleanse the eyelids and the base of the eyelashes. This treatment is perfect for removing bacteria, biofilm, Demodex mites, dandruff, debris, and excess oil. ZEST is recommended for patients suffering from **Blepharitis** and **Meibomian Gland Dysfunction**. It is also beneficial for those **preparing for Cataract Surgery**, as maintaining clean and healthy eyelids can improve surgical outcomes.
- **Intense Pulsed Light (IPL) Therapy:** A non-invasive treatment that uses light pulses to liquefy hardened oils blocking the meibum glands, thereby clearing the glands and stabilizing the tear film. This treatment also eliminates bacteria and mites and reduces inflammation by closing abnormal blood vessels. It can be used both before and after cataract surgery to optimize tear quality, improving comfort during recovery and reducing irritation post-surgery.
- **LipiFlow® Treatment:** An advanced thermal device-based treatment device specifically designed to address **Meibomian Gland Dysfunction** (MGD) and **Evaporative Dry Eye**. This innovative treatment works by gently heating the eyelids and applying a light massage to the Meibomian glands, effectively clearing blockages and restoring normal gland function. By clearing blockages and restoring normal gland function, LipiFlow® helps maintain a stable tear film, reducing dryness and discomfort. This treatment can be beneficial both prior to cataract surgery, to ensure the eyes are in the best possible condition, and post-surgery, to relieve any dry eye symptoms that may occur during the healing process.

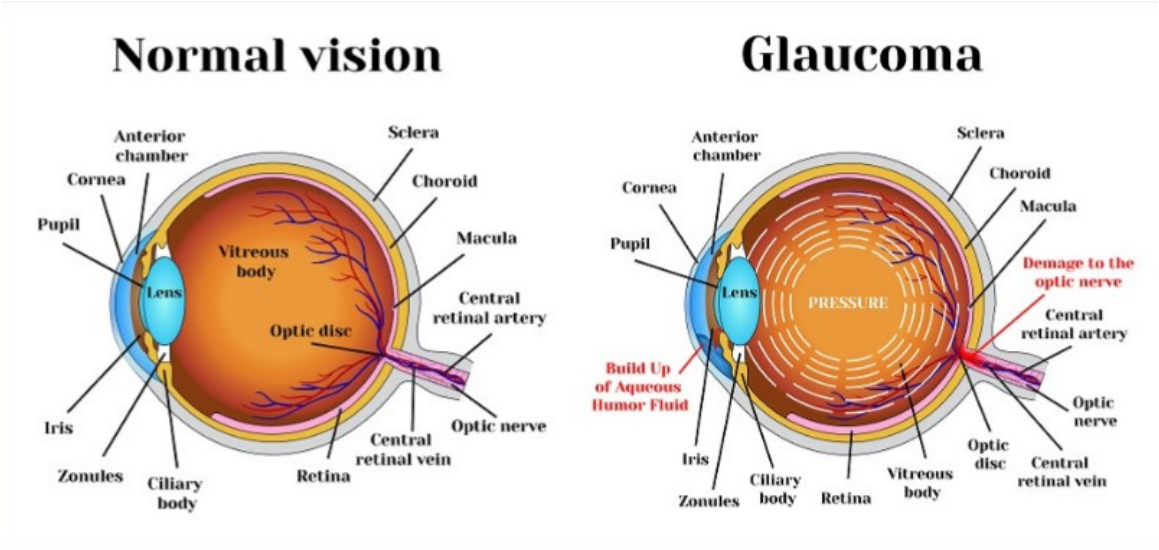
These treatments, including IPL and LipiFlow, can be combined to manage dry eye symptoms effectively, improve recovery from cataract surgery, and enhance the overall patient experience by ensuring both comfort and clearer vision.

Cataracts and dry eye are both common conditions, and while cataract surgery is generally effective in restoring vision, it can temporarily exacerbate dry eye symptoms. Proper management of dry eye before and after surgery is essential to ensure a smooth recovery and optimal visual outcomes. By addressing dry eye symptoms and working with your healthcare provider, you can help minimize discomfort and improve both your vision and eye health after cataract surgery.

CATARACT AND GLAUCOMA

Cataracts and glaucoma are two common eye conditions, and while they are separate issues, they can often occur together, particularly in older adults

Glaucoma is characterized by damage the optic nerve, often due to increased pressure inside the eye (intraocular pressure or IOP). If left untreated, glaucoma can lead to permanent vision loss.



- **IOP control with Glaucoma and Cataract surgery**: Managing IOP during cataract surgery in glaucoma patients is crucial. Cataract surgery can help lower IOP by increasing the angle opening in the eye, which allows for better fluid drainage. However, there can be fluctuations in IOP post-surgery, which need to be carefully monitored and managed to prevent further glaucoma progression. Strategies for managing IOP including using specific surgical techniques and modifications to standard cataract procedures.

We provide a tailored approach for treatment and surgery that is unique to each patient. Please address any of your glaucoma concerns with your Cataract Surgeon.

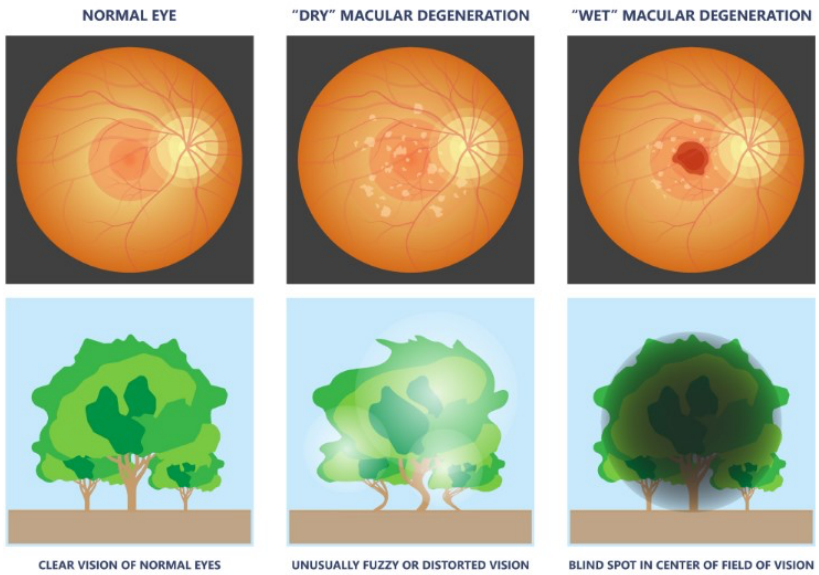
CATARACT AND DISORDERS OF THE RETINA

Cataracts and pre-existing disorders of the retina affect different parts of the eye, but their presence can complicate diagnosis, treatment, and outcome during cataract surgery. Understanding the relationship between cataracts and retinal diseases is crucial for effective management and satisfactory vision outcomes.

Common disorders of the retina include:

- Age-related macular degeneration (AMD)
- Diabetic retinopathy
- Retinal detachment
- Epiretinal Membrane

These conditions can lead to vision loss or severe impairment if not treated, often requiring specialized care and monitoring by a Retina Specialist.



How pre-existing Disorders of the Retina impact Cataract Surgery

✓ Age-Related Macular Degeneration (AMD):

- AMD affects the macula, the central part of the retina, leading to central vision loss. Cataract surgery generally improves overall vision by allowing more light to reach the macula. However, it cannot reverse the damage already done to the macula. Patients with AMD should limit their expectations on vision improvement post-surgery, especially if they are noticing dark spots or distorted areas within their field of vision. Patients with wet-AMD, a more advanced and progressive version of AMD will need to continuously see their Retina Specialist for monitoring and management post cataract surgery.

✓ Diabetic Retinopathy:

- Diabetic retinopathy is a complication of diabetes that affects the blood vessels of the retina leading to areas of poor perfusion, bleeding, and/or fluid build-up (macular edema). Surgery for cataracts in diabetic patients requires close monitoring, as diabetic retinopathy can worsen post surgery and lead to complications, such as diabetic macular edema (DME). Proper blood glucose control is essential for a successful cataract surgery outcome in diabetic patients.

✓ Retina Detachment:

- Retinal detachment, where the retina pulls away from its normal position against the wall of the eye, can cause sudden vision loss and is a medical emergency. Patients with history retinal detachment require thorough assessment of the retina pre-operatively, as cataract surgery can increase the risk retinal tears or detachments.

✓ Macular Wrinkle (Epiretinal Membrane - ERM):

- The inner most layer of the retina may acquire extra tissue, that is often age related, that can cause wrinkles or folds to the flat retina contour. The result is distorted vision where straight lines may appear wavy or irregular. Patients with pre-existing ERM should limit their expectations in vision outcome post cataract surgery as the vision distortion caused by the ERM will remain post cataract surgery.

The presence of retinal disorders requires careful planning before, during, and after cataract surgery. Strategies to ensure the best possible outcome for these patients include:

✓ **Preoperative Evaluation:**

- Comprehensive eye exams, including fundus photography, optical coherence tomography (OCT), and fluorescein angiography, are essential to assess the retina's condition before cataract surgery. This allows the surgeon to tailor the surgical approach based on the specific retinal issue.

✓ **Coordination Between Specialists:**

- Collaboration between the Cataract Surgeon and a Retina Specialist is vital. For patients with retinal conditions, the Retina Specialist may provide guidance on managing the retinal disorder before and after cataract surgery. For instance, they may recommend additional treatments for macular edema or diabetic retinopathy.

✓ **Surgical Considerations:**

- Surgeons may need to adjust the type of intraocular lens (IOL) used in patients with retinal disorders. For example, certain IOLs may be better suited for individuals with macular disease or other retinal issues, specifically those that are high contrast with single focus clarity.

✓ **Postoperative Care:**

- Postoperative care should include regular follow-ups with both the Cataract Surgeon and Retina Specialist to monitor for any changes in the retina. Special attention will be given to those with risk of macular edema, retinal hemorrhages, or other complications. Anti-inflammatory medications and sometimes retinal injections (e.g., anti-VEGF therapy) may be required to manage any retinal issues.

✓ **Monitoring for Complications:**

- Cataract surgery may increase the risk of certain complications in patients with retinal disorders. Close monitoring for retinal detachment or worsening of macular edema is essential during the recovery phase.

Benefits of Cataract Surgery for Patients with Retinal Disorders

While retinal disorders may complicate cataract surgery, the surgery can still provide significant benefits, including:

- **Improved Visual Clarity**: Even with a retinal disorder, cataract surgery can restore clarity by removing the clouded lens and replacing it with an intraocular lens (IOL), which improves contrast sensitivity and reduces glare.
- **Enhanced Peripheral Vision**: In some cases, removing the cataract can improve peripheral vision, making it easier for patients to navigate their environment, even if central vision is affected by retinal disease.

Cataracts and retinal disorders can often coexist, particularly in older adults, and managing both conditions requires a thorough, coordinated approach. While cataract surgery can provide significant benefits, such as improved clarity and reduced glare, it will not reverse the damage caused by retinal conditions. Preoperative evaluation, collaboration between specialists, and careful postoperative monitoring are essential for ensuring the best possible outcome for patients

with both cataracts and retinal disorders. If you have both conditions, it is important to discuss your treatment options thoroughly with both your Cataract and Retina specialists.

CATARACT SURGERY RISKS

Cataract surgery is one of the most common and safest surgical procedures performed with a high success rate. However, as with any surgery, there are potential risks and complications, though these are rare. Here's an overview of the risks associated with cataract surgery and their likelihood:

Bleeding

Risk: Some bleeding may occur during surgery, but significant bleeding is rare.
Chance: Less than 1% of cataract surgeries experience significant bleeding.
Management: Bleeding is usually controlled immediately, with minimal complications.

Blindness

Risk: Blindness is an extremely rare but serious risk of cataract surgery, usually resulting from complications such as retinal detachment, severe infection, or significant bleeding.
Chance: The risk is very low, estimated at less than 0.1%.
Management: Early detection and intervention through regular follow-up visits can help address complications before they lead to permanent vision loss.

Increased Eye Pressure

Risk: Elevated eye pressure can occur after surgery, potentially leading to glaucoma.
Chance: This occurs in about 1-2% of patients but is often temporary and can be managed with medication.
Management: Regular follow-up visits to monitor eye pressure help prevent long-term complications.

Infection

Risk: Infection after cataract surgery is uncommon but still a possibility.
Chance: The risk is very low, typically between 0.1% and 0.5% in Canada.
Management: Infection is generally prevented with antibiotics and careful post-surgery care.

Inflammation

Risk: Mild inflammation in the eye is common after surgery.
Chance: About 10-15% of patients experience mild inflammation.
Management: Inflammation is usually controlled with anti-inflammatory eye drops and typically resolves within days to weeks.

Inaccurate Lens Implant

Risk: The intraocular lens (IOL) may not be properly positioned or might need adjustment if vision is not optimal.
Chance: This occurs in less than 1% of cases.
Management: A follow-up procedure can typically adjust or replace the lens to restore vision.

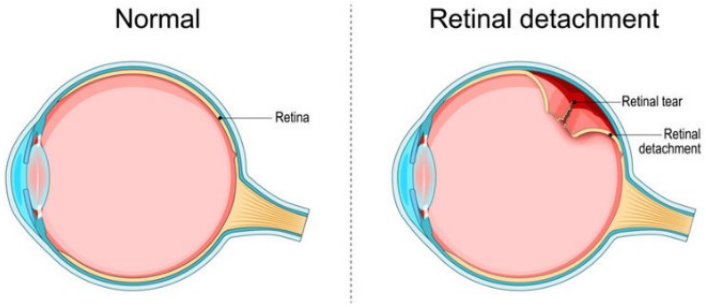
Loss of Vision

Risk: Although cataract surgery is highly effective, there is a very small chance of partial or complete vision loss due to complications like retinal detachment, infection, or bleeding.
Chance: The risk is extremely low, under 0.1%.
Management: Early detection and treatment during follow-up visits can help manage or prevent these complications.

Retained Lens Fragments

Risk: Small pieces of the cataract may remain in the eye, potentially causing inflammation, increased eye pressure, or other complications.
Chance: This occurs in less than 1% of surgeries, especially with dense or hard cataracts.
Management: The small fragments may dissolve naturally or be removed in a follow-up procedure. Anti-inflammatory medications are typically prescribed to prevent complications.

Retinal Detachment



Risk: Retinal detachment is a serious condition where the retina separates from the back of the eye.
Chance: The risk is around 0.1% to 0.2% in cataract surgery patients.
Management: Prompt treatment is needed if retinal detachment occurs, often requiring surgery.

Posterior Capsule Opacification

Risk: Cloudiness of the capsule that holds the lens implant. Sometimes known as a secondary cataract may develop months or years after surgery, causing blurry vision.
Chance: Occurs in about 20-30% of patients within 5 years of surgery.
Management: This can be treated with a quick, non-invasive laser procedure (YAG laser capsulotomy) to clear the clouded lens capsule in office.

Optic neuropathy

Risk: Inflammation or swelling of the optic nerve can occur due to reduced blood supply to the optic disc, resulting in loss of vision. Chance: This is very rare, occurring in less than 0.1% of patients.
Management: This is typically treated by monitoring and referral to a neuro-ophthalmologist for work-up. There is an increased risk to the unaffected eye and should be carefully monitored.

Swelling of the Retina (Cystoid Macular Edema)

Risk: Fluid buildup in the retina (macula), leading to blurry or distorted central vision after surgery.
Chance: Occurs in about 1-2% of patients, especially those with conditions like diabetes or uveitis.
Management: Often treated with anti-inflammatory eye drops or injections, and the swelling usually resolves with time.

Vision Changes (Glare, Halos, Double Vision)

Risk: Some patients experience visual disturbances, such as glare, halos, or double vision.
Chance: This occurs in about 5-10% of patients right after surgery but generally resolves within weeks.
Management: These issues often improve as the eye heals, but if persistent, further treatment may be necessary.

Damage to the Cornea

Risk: Injury to the cornea, the clear front surface of the eye, during surgery, which can lead to vision problems if it doesn't heal properly.
Chance: This happens in a small percentage of patients, particularly if the surgery is complex or if pre-existing corneal issues are present.
Management: Most cases heal naturally, but severe damage may require medicated eye drops or, in rare instances, additional procedures like a corneal transplant.

Overall Risk

- ✓ Cataract surgery is performed frequently, with over 400,000 procedures annually. The overall risk of serious complications is low, with most patients experiencing significant improvement in vision without major issues.
- ✓ Success Rate: Around 95-98% of cataract surgeries in Canada are successful, with patients achieving improved vision post-surgery.

While the risks associated with cataract surgery are minimal, it's important to discuss your individual health conditions and any concerns with your eye care professional before proceeding with surgery. Regular follow-up visits after surgery are key to ensuring proper healing and preventing complications.

COMMON COMPLAINTS DURING RECOVERY

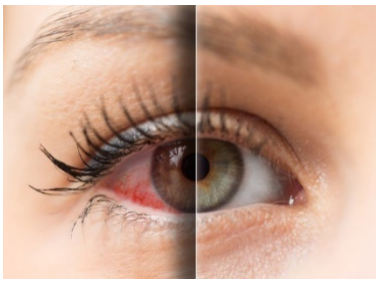
After cataract surgery, it's normal to experience a variety of sensations and visual changes as your eye heals. Here are some common things to know and what to expect during your recovery.

Blurry Vision

What It Is: It's normal to experience blurry vision right after cataract surgery, as the eye is still healing.
How to Manage: Your vision should gradually become clearer over time. Follow-up visits are essential to track your recovery and make any necessary adjustments.

Burning or Stinging from Post-Op Drops

What It Is: Some patients experience a mild burning or stinging sensation when using prescribed eye drops after surgery.
How to Manage: This is usually temporary and should lessen as you continue the healing process. Talk to your doctor if the discomfort persists or becomes intense.



Dry Eyes

What It Is: After cataract surgery, some patients experience dry eyes due to temporary changes in tear production or eye surface sensitivity.
How to Manage: Use lubricating eye drops as recommended by your doctor to keep your eyes moist. Avoid dry, windy environments and take frequent breaks from screens.

Eyelids Feel Heavy

What It Is: You may experience a feeling of heaviness or fatigue in the eyelids due to the healing process or mild swelling after surgery.
How to Manage: Rest your eyes as much as possible, avoid rubbing them, and follow your surgeon's post-surgery care instructions.

Floaters

What It Is: Small, shadowy shapes or spots that "float" across your vision. These are common after cataract surgery and are typically harmless.
How to Manage: Floaters usually settle over time as the eye heals. If they suddenly increase or become more bothersome, consult your doctor.

Foreign Body (FB) Sensation from Incision

What It Is: You may feel like something is in your eye or a mild scratchy sensation from the incision site as it heals.
How to Manage: This sensation typically disappears within a few days or weeks. Avoid rubbing the eye and protect it from any irritants.

Gritty, Sandy, or Sticky Sensation

What It Is: A feeling like there's something gritty or sticky in the eye is common during recovery as the eye adjusts and heals.
How to Manage: This sensation should fade over time. Use lubricating eye drops as advised by your doctor to ease discomfort.

Halos, Shadows, or Glares

What It Is: After surgery, some patients notice visual disturbances like halos, glare, or shadows, especially at night. This is due to changes in the eye's natural focusing ability.
How to Manage: These effects are typically temporary and should improve within a few weeks. If they persist or are bothersome, your doctor may adjust your post-surgery treatment.

LASIK Touch-Ups

What It Is: If you're not satisfied with the refractive outcome after cataract surgery, LASIK or other vision correction surgeries may be an option for fine-tuning your vision.

How to Manage: Talk to your eye doctor about the possibility of LASIK or other touch-up options, which can help adjust vision further if necessary.

Shadows, Halos, or Glares

What It Is: After surgery, some patients may notice visual disturbances such as halos, glare, or shadows, especially at night. These occur due to temporary changes in the eye's focusing ability.
How to Manage: These symptoms typically resolve in a few weeks as your eye heals. If persistent, consult your doctor for possible adjustments.

Target Not Guaranteed

What It Is: While cataract surgery improves vision, the exact outcome can vary. Some patients may still need glasses for certain activities, such as reading or driving.
How to Manage: Be aware that refractive outcomes, like achieving perfect vision without glasses, are not guaranteed. Your surgeon will discuss what to expect based on your individual condition and surgery.

Tearing (Excessive Tears)

What It Is: Some people may experience watery eyes after cataract surgery, often due to temporary irritation or dryness.
How to Manage: Tearing typically decreases as the eye heals. Use lubricating drops as needed to help keep your eyes moist.

These symptoms are usually temporary and improve over time as the eye heals. However, it's important to follow your surgeon's instructions for post-operative care and attend follow-up visits to monitor your recovery.

HEALTH & LIFESTYLE PROFILE:
SHARE YOUR VISION GOALS AND WELLNESS INFORMATION

As part of your preparation for cataract surgery, we require you to complete this Health & Lifestyle Questionnaire. The information you provide is essential for us to assess your visual health, medical history, and lifestyle needs to ensure the best possible care and outcome for your surgery.

Personal Information: We'll collect your name, contact details, health card number, and the name of your eye doctor to ensure your records are accurate and up to date.

Vision-Related Questions: We'll ask about your current vision issues, including cataracts and how they are affecting your ability to perform everyday tasks. This helps us understand the severity of your condition and tailor your surgery accordingly.
Lifestyle Preferences: We need to know your preferences for vision after surgery. For example, we'll ask whether you want to reduce or eliminate the need for glasses, how you feel about night vision, and what activities are most important to you, like driving or reading.

Medical History: We'll review any medical conditions, medications, or allergies that may impact your surgery or recovery, such as diabetes, heart disease, or dry eye disease. This ensures your safety and guides us in planning your care.

The information in this questionnaire is critical to ensuring that we provide the safest and most effective cataract surgery for you. By understanding your visual needs and medical history, we can set realistic expectations for your surgery and recovery, and help you achieve the best possible outcome.

Please note that completing this questionnaire is MANDATORY prior to scheduling your cataract surgery. Your health and vision are our top priority, and we appreciate your cooperation in providing this important information.

For convenience, please complete the following forms below by clicking on the links.

Cataract Lifestyle Questionnaire: https://forms.glacial.com/form-6247519/form

Health questionnaire https://forms.glacial.com/form-5755040/form	
Personal Identification	
Last Name / First Name as on Health card Health Card #	
Date of Birth (yyyy-mm-dd)	
Home Phone #	Cell Phone #
Email Address	
Address	
Are you a new patient?	Yes / No
Visual Functioning Questions (Circle One):	
Are you having trouble with your vision?	Yes / No
Have you been told you have cataracts that require surgery?	Yes / No
Do you feel your vision is bad enough to consider Cataract Surgery?	Yes / No
Have you ever been diagnosed with Dry Eye Disease or Ocular Surface Disease?	Yes / No
Report the FREQUENCY of the Following Symptoms (Circle One):	
Dryness/Grittiness/Scratchiness	Never / Sometimes / Often / Constant
Soreness/Irritation	Never / Sometimes / Often / Constant
Burning/Stinging	Never / Sometimes / Often / Constant
Watery/Teary eyes	Never / Sometimes / Often / Constant
Eye Fatigue	Never / Sometimes / Often / Constant
Do you have Glaucoma?	Yes / No
Do you have a Lazy Eye?	Yes / No
Have you had Refractive Surgery (LASIK/PRK)?	Yes / No
Do you use any of the following (Circle One):	
Contact lenses	Yes / No
Over the counter eye drops (e.g., artificial tears)	Yes / No
Rx eye drops for Dry Eye Syndrome (e.g., Restasis)	Yes / No
Rx eye drops for Glaucoma (e.g., Xalatan, Timolol)	Yes / No
Rx eye drops for allergy (e.g., anti-inflammatory, antihistamine)	Yes / No

Nutritional supplements (e.g., Flaxseed oil, omega-3)	Yes / No
Are you taking any of the following medications? (Circle One):	
Antidepressant or anti-anxiety medications	Yes / No
Oral corticosteroids	Yes / No
Hormone replacement therapy or estrogen	Yes / No
Have you been bothered by (Circle One):	
Poor night vision?	Yes / No
Seeing rings or halos around lights	Yes / No
Glare caused by headlights or bright lights	Yes / No
Hazy and/or blurry vision	Yes / No
Seeing well in poor or dim light?	Yes / No
Poor Colour Vision?	Yes / No
Double Vision?	Yes / No
Do you have difficulty, even with glasses, with the following activities? (Circle One):	
Reading small print (e.g., newspaper, knitting)	Yes / No
Reading large print book	Yes / No
Seeing steps, stairs, or curbs	Yes / No
Reading street signs, traffic signs	Yes / No
Playing card games, mah-jong, bingo, poker?	Yes / No
Cooking	Yes / No
Watching TV	Yes / No
Doing sports (e.g., golf, tennis)	Yes / No
Driving Ability Questions	
Are you currently driving in the daytime?	Yes / No
How much difficulty are you having driving during the day due to your vision?	No difficulty / Some difficulty / A lot of difficulty
Are you currently driving at night?	Yes / No
How much difficulty are you having driving at night due to your vision?	No difficulty / Some difficulty / A lot of difficulty
Lifestyle Questionnaire:	
Which best describes you? (Circle One)	○ Prefer little to no need for glasses after surgery ○ Don't mind wearing glasses after surgery ○ Prefer little to no need for reading glasses after surgery ○ Don't mind wearing reading glasses after surgery

	○ Prefer little to no need for distance glasses after surgery ○ Don't mind wearing distance glasses after surgery
I do most of my daily tasks at (Circle One):	○ Distance: Driving, watching TV, attending events, or playing sports. ○ Intermediate/Mid-range: Using a computer, reading menus, cooking, or looking at a dashboard in a car. ○ Near: Reading books, using a smartphone, sewing, or doing detailed handwork.
After surgery, I would be interested in seeing well without glasses for the following situations (Circle One):	○ Distance: Driving, watching TV, attending events, or playing sports. ○ Intermediate/Mid-range: Using a computer, reading menus, cooking, or looking at a dashboard in a car. ○ Near: Reading books, using a smartphone, sewing, or doing detailed handwork. ○ All ranges of Vision
Please select the statement that best describes you in terms of night vision (Circle One):	○ Night vision is very important, and I need the best quality. I drive quite a bit in the evenings. ○ I want to drive comfortably at night, but can tolerate slight imperfections ○ Night vision isn't very important to me. I rarely drive at night.
If you had to wear glasses after surgery for one activity, at which distance would you be the most willing to use glasses? (Circle One)	○ Distance: Driving, watching TV, attending events, or playing sports. ○ Intermediate/Mid-range: Using a computer, reading menus, cooking, or looking at a dashboard in a car. ○ Near: Reading books, using a smartphone, sewing, or doing detailed handwork.
If you could have good distance, mid-range, and near vision without glasses, but the	Yes / No

compromise was that you might see some halos, rings, or starbursts around lights at night, would that be acceptable?	
If you could have good distance, mid-range, and near vision without glasses, but the compromise was that you might need glasses for the finest print at near, would you like that option?	Yes / No
Describe your personality:	Easy Going - 1 / 2 / 3 / 4 / Perfectionist - 5
Your occupations? Former occupation if retired	
Your hobbies?	
Do you have medication(s) allergy?	Yes / No
Please provide details when answering YES:	
Do you have LATEX allergy?	Yes / No
Details:	
Do you wear a hearing aid(s)?	Yes / No
Details:	
Do you take diabetes medication(s)?	Yes / No
Details:	
Do you take blood pressure medication(s)?	Yes / No
Details:	
Do you have chest pain sometimes?	Yes / No
Details:	
Have you had a heart attack?	Yes / No
Details:	
Do you have a pacemaker?	Yes / No
Details:	
Do you have heart valve(s) disease?	Yes / No
Details:	
Do you have chronic heart failure?	Yes / No
Details:	
Do you have COPD (Asthma, Chronic Bronchitis)?	Yes / No
Details:	
Do you use oxygen or a CPAP?	Yes / No
Details:	
Do you take medication(s) for enlarged prostate?	Yes / No
Details:	
Do you have kidney disease?	Yes / No
Details:	

Do you have liver disease?	Yes / No
Details:	
Can you lie down flat?	Yes / No
Details:	
Do you have epilepsy?	Yes / No
Details:	
Do you have tremors?	Yes / No
Details:	
Have you ever had a stroke?	Yes / No
Details:	

The information you provide in the Health & Lifestyle Questionnaire ensures we understand your unique needs and can deliver personalized care to achieve the best possible surgical outcome.

Your cooperation helps us prioritize your safety, tailor your vision goals, and plan a smooth recovery.

Please ensure the forms are submitted promptly to avoid any delays in scheduling your procedure. If you have any questions or need assistance, don't hesitate to reach out. We’re here to support you every step of the way!

Notes:

Surgical Counsellor Information

Name:

_____

Phone Number:

_____