

What should I know about lens implants?

Your own natural lens which has become clouded, is replaced with a clear lens implant. Lens implants come in different powers just like glasses or contact lenses. Preoperative measurements of the shape and size of your eye will determine the power of lens implant best suited for your eye. This lens implant is expected to last a lifetime.

What type of lens implants are available?

Monofocal lens implant:

The monofocal lens implant is the most common type chosen and is fully covered by your Provincial Health Plan. The monofocal lens gives one zone of good vision without glasses and most people want this for distance. The trade-off is dependence on glasses for near. Basic preoperative assessment and testing will determine what power of lens implant you will require. Individuals with significant astigmatism will likely rely on prescription glasses to see clearly both far and away and up close after cataract surgery.

Premium lens implants:

Premium lens implants are designed to reduce dependence on glasses or contact lenses by lessening the effects of astigmatism and/or presbyopia.

Toric lens implant:

Corrects pre-existing corneal astigmatism to give a much clearer and more defined vision for distance. Typically glasses will still be required for close up.

Extended range of vision Lens Implants:

These are premium lenses designed with focusing properties to lessen spectacle dependence for near and distance.

Monovision; another option to decrease dependence on glasses:

Monovision employs the Monofocal Lens Implant to give both eyes a different but complimentary point of focus; one eye for distance and one eye for near vision. Typically this works well for 2/3 of individuals.

What is covered by my Provincial Health Plan?

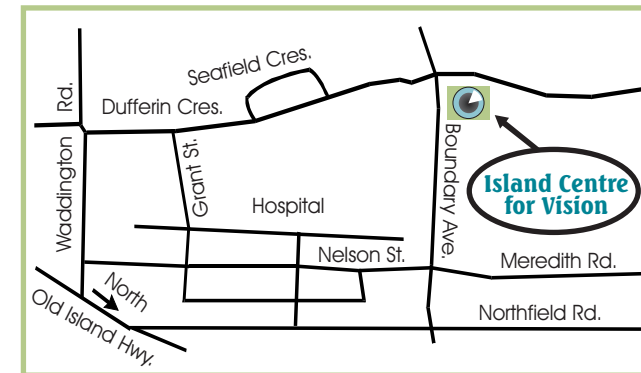
Cataract surgery, a Monofocal Lens Implant and the basic preoperative assessment are insured services under the Provincial Health Plan. Premium lenses and the additional testing to determine if you are a good candidate for them are uninsured services.

For more about cataracts and your surgery, please talk to your eye doctor, or call us at:
Island Centre for Vision: 250.753.6960.
Email: info@islandcentreforvision.com

Preoperative testing will take place at:
Island Centre for Vision
1651 Boundary Ave., Nanaimo, BC V9S 5R8

Date _____

Time _____



Island Centre for Vision



Pacific Coast Eye Centre

1651 Boundary Ave., Nanaimo, BC, V9S 5R8
Phone: 250.753.6960 | Fax: 250.753.6930
Email: info@islandcentreforvision.com
www.icfv.ca

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A Guide to your Cataract Treatment



Island Centre for Vision
www.icfv.ca

What is a cataract?

A cataract is a clouding of the eye's naturally clear lens.

What causes cataracts?

Most cataracts are caused by the natural changes in the eye that occur gradually with age. Maturing related cataracts usually occur after the age of fifty, however, they can occur as early as thirty. Cataracts may also be caused by trauma to the eye, medications, excess ultraviolet light and some forms of radiation. Cataract formation is also associated with smoking and some medical conditions such as diabetes.

What are the symptoms?

The common symptoms of a cataract are:

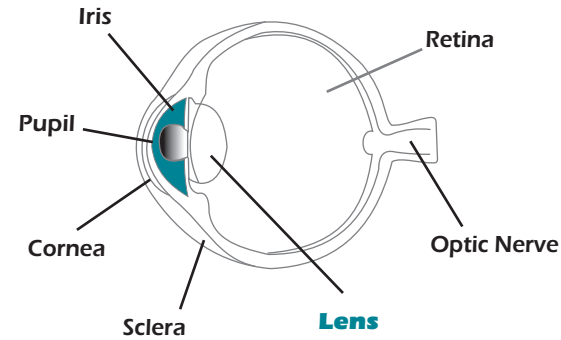
- blurred or hazy vision
- glare and light sensitivity
- change in colour perception
- double vision.

Cataracts can lead to frequent changes in your glasses prescription. Eventually, even a change in your glasses will not improve your vision.

When should cataracts be treated?

The appropriate time to have a cataract treated is a decision to make with the advice and counseling of your doctor. When a cataract causes loss of sight or interferes with daily activities or lifestyle it is probably time to have it removed.

Anatomy of the eye



How are cataracts treated?

A short surgical procedure is required to remove cataracts. This involves a visit to a daycare surgery centre. The procedure takes about 10 to 15 minutes per eye and one eye is done per session.

What happens during the procedure?

First the eye is numbed, usually with drops. A small incision is made in the cornea close to the sclera (white part of the eye). An opening is made in the membrane that surrounds the natural lens. Through this tiny incision an ultrasound instrument dissolves and removes the cloudy lens. A lens implant is then inserted through the same opening and in most cases, placed in the same location as your natural lens (inside the lens membrane). In a short time the lens membrane “shrink wraps” around the implant locking it in place. Stitches are rarely required.

After your procedure

After the procedure has been performed, a protective clear plastic shield is placed over the eye. It is left in place until the following day when it will be removed in the doctor's office. You will have a simple sheet of instructions to follow regarding the use of eye drops before and after the operation.

Is cataract surgery always successful?

As with any surgical procedure, success is never 100% guaranteed. Fortunately, however, cataract surgery is highly successful. Complications are rare and, when they do occur, can usually be treated. Following your instructions will help make your surgery a success.

Will cataracts come back?

Once removed a cataract does not recur. In about 15 % of people over the months and years after cataract surgery the membrane around the lens implant may cloud. A quick and painless laser treatment that can be performed in the doctor's office makes an opening in the membrane and restores a clear line of sight.

Other Vision Deficiencies

Astigmatism? Astigmatism is the name given to describe the shape of the cornea. The cornea is the clear front layer of the eye responsible for two thirds of the eye's focusing power. When the cornea has a spherical shape (like a soccer ball) astigmatism is absent. When the cornea has more curvature in one meridian than another, (like a football) it has astigmatism. People with significant astigmatism generally have difficulty seeing fine detail at all distances.

Presbyopia? Presbyopia is a condition which, with age, effects all of us. It causes the eye to lose its natural ability to change focus. For individuals with presbyopia, close-up vision is blurry making reading and near vision work difficult. Reading glasses or contact lenses are necessary to correct presbyopia and maintain quality close-range vision.

Will I need glasses?

The goal of cataract surgery is to correct the decreased vision caused by the cataract. Most though, not all, people still need to wear eyeglasses or contact lenses after cataract surgery. This is because the most common lens implant chosen corrects for distance vision only, while supplemental eyeglasses are still required for near vision activities (presbyopia) and astigmatism.