

Dear Patient,

Thank you for choosing Columbia|Ophthalmology to evaluate your cataract. Our surgeons have successfully performed cataract surgery with intraocular lens implantation for thousands of patients using the latest in technology in our state-of-the-art surgical suites. We hope the information below helps you prepare for your upcoming appointment.

WHAT YOU SHOULD BRING WITH YOU

REFERRALS	If your insurance requires a referral to see a specialist, please make sure our office has received one prior to your arrival or please bring it with you.
NECESSARY FORMS	Please complete the attached packet of REQUIRED forms and bring them to your appointment. This will make your check-in and appointment faster.
INSURANCE CARD	Please bring your insurance card with you.

WHAT TO EXPECT

PAYMENTS/COPAYS	Please be prepared to pay all required copays and/or time of service payments on the day of your appointment. We accept cash, check, and all major credit cards.
LENGTH OF APPOINTMENT	You should expect to be in our office for approximately 2-3 hours. Subsequent visits should take less time.

Please see the attached information packet for additional, important information.

Please do not hesitate to contact our office at 212-305-9535 if you have further questions.

We look forward to seeing you for your initial evaluation!

Sincerely yours,

Columbia|Ophthalmology Cataract Surgeons

WHAT TO EXPECT ON YOUR INITIAL CATARACT EVALUATION

During your upcoming appointment, measurements of your eye will be taken, your pupils will be dilated, and you will meet the doctor and staff to discuss the stage of your cataracts and various options for cataract surgery.

The information that follows will help educate you on the various options available for custom cataract correction. It will also help you understand the different options available that will provide the clearest vision after surgery. This will ensure that you have the best vision you can have for the rest of your life.

PREPARING FOR YOUR VISIT

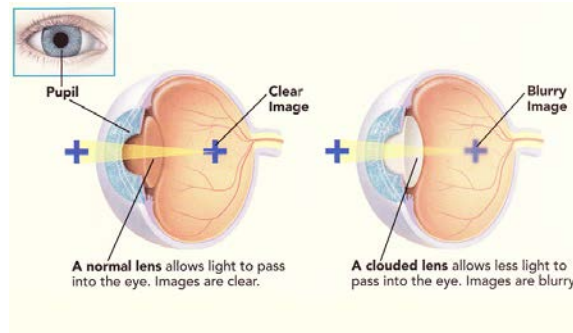
1. Discontinue contact lens wear
 - a. If you wear contact lenses, you **MUST** discontinue wearing your contact lenses **PRIOR** to your appointment. This allows for the most accurate measurement of your eyes for surgery. If you fail to do so, you may be asked to return for repeat measurements.

If you wear:	Discontinue wear for:
Rigid/Gas Permeable or Soft Toric (Astigmatism) lenses	2 weeks prior to appointment
Soft Regular lenses	1 week prior to appointment

2. Previous laser eye surgery such as LASIK, PRK, or RK
 - a. Prior laser correction surgery will change the shape of your eye and needs to be considered during your measurements. Prior records are very helpful and should be brought to your appointment, if possible.
3. Vision Lifestyle Questionnaire
 - a. Please fill out the attached questionnaire to better assess your visual needs after cataract surgery.

WHAT ARE CATARACTS?

A cataract is a clouding of the normally transparent lens of the eye. The lens allows light that enters through the front of the eye, called the cornea, to be focused onto the back of the eye, called the retina. The clouding affects your vision. A cataract can occur in one or both eyes and happens as a result of aging. If left untreated, cataracts cause progressive vision loss and can affect your daily activities of living like reading, using the computer, and driving. Fortunately, the surgery for cataract removal and replacement with an artificial lens implant (also known as intraocular lens) is very safe and effective. This provides excellent vision for years to come.



YOUR SURGERY OPTIONS

Cataract surgery is the most common type of surgery performed in the world. The surgery is performed as an outpatient procedure under local anesthesia in which you are sedated with intravenous medication. Because of the anesthesia, you must be healthy for surgery and be cleared by your internist for this elective surgery within 30 days of your surgery. You are able to return home on the same day after the surgery. Please note that even though the surgery itself is often quite short, most of our patients spend about half of the day with us when you factor in the time before and after surgery.

Cataract Surgery	Laser-Assisted Cataract Surgery
<p>In standard cataract surgery, a small incision is made in the surface of the eye called the cornea with a scalpel and another incision is made in the capsule around the cataract to gain access to the lens. Then an ultrasound probe technology, called phacoemulsification, is used to break the cataract into tiny pieces. The pieces are then removed and an artificial lens (also known as an intraocular lens) is placed inside the eye. Usually the incisions are self-sealing and there is often no need for a suture. The eye is then protected with a clear plastic shield.</p>	<p>A newer technology to help remove cataracts is the femtosecond laser-assisted cataract system (FLACS). This is <i>different</i> than laser refractive surgery (like LASIK or PRK). The laser, in this case, is used to assist with cataract surgery. During the FLACS procedure the surgeon uses a detailed map of your eye to place precise femtosecond laser incisions on your cornea and lens capsule in a way that is customized to your eye. Corneal astigmatism can be reduced by these customized incisions. The laser also softens the lens, making cataract removal more efficient. The remainder of the surgery is similar to traditional cataract surgery.</p> <p>Femtosecond Laser (LenSx Laser System) The laser used for cataract surgery is a femtosecond laser because it shoots energy at a rate called femtoseconds. One femtosecond is one quadrillionth of a second; because of this pulse rate, a femtosecond laser can accurately break apart tissue and still be very gentle on the surrounding tissue.</p>

INTRAOCULAR LENS IMPLANTS (IOLS)

Cataract surgery is the removal of the cataract with an implantation of a new artificial lens, also known as an intraocular lens (IOL). This lens has a prescription to it, like a contact lens, but sits within the eye. The goal of cataract surgery is to give patients sharper vision, less glare, and better clarity of vision. Some patients will be able to see well without glasses for some activities, but many patients will still need glasses for other activities.

The prescription power of the selected IOL determines the ultimate prescription of the eye [farsighted (seeing best at a distance) or nearsightedness (seeing best close up)]. If a patient chooses to be farsighted, the close up vision can still be corrected with glasses and vice versa for nearsightedness. Astigmatism refers to the shape of the cornea and can make vision blurry at both distance and near if not corrected. Astigmatism can either be corrected after surgery with glasses or contact lenses or it can be corrected at the time of surgery with custom incisions made with the femtosecond laser (lower amounts of astigmatism) or an astigmatism-correcting IOL called a toric IOL (for higher amounts of astigmatism). The power of the IOL is determined with eye measurements that the patient receives in the initial consultation. The surgeon then discusses with the patient his/her vision needs to determine what IOL to place in the patient's eye, for example how they want to see after surgery without glasses. Cataracts do not grow back and this lens will stay with you for the rest of your life. There are four different types of IOLs available to patients:

1. Standard monofocal IOL

Premium IOLs:

2. Toric monofocal IOL (gives either distance or near vision with astigmatism correction)
3. Multifocal IOL (gives a range of vision from distance to near without astigmatism correction): must not have other conditions in the eye like severe dry eye, corneal scarring, glaucoma, and/or retinal diseases
4. Toric multifocal IOL (gives a range of vision from distance to near with astigmatism correction): must not have other conditions in the eye like severe dry eye, corneal scarring, glaucoma, and/or retinal diseases

RECOVERY

Visual recovery from cataract surgery can occur as soon as a week or longer, depending on the initial state of your cataract. You will likely be on eyedrops for about a month and new eyeglass prescriptions are provided at the one month postoperative visit. You should avoid heavy lifting, exercise, and putting your head below your waist (bending all the way down) for one week following surgery. You will wear a clear plastic shield at night for one week when you are sleeping to protect the eye. Your postoperative care will be with our surgeons and optometry service. Our team of optometrists will also check for your eyeglass prescription (refraction) after your eyes have healed.

Lifestyle Questionnaire

Patient Name _____

Date of Birth _____

If it is determined that surgery is appropriate for you, this questionnaire will help provide us with the best treatment for your visual needs. It is important that you understand that many patients still need to wear glasses for some activities after surgery. Please fill this form our completely. Please do not hesitate to contact us with any questions.

1. After surgery, would you be interested in seeing well WITHOUT GLASSES in the following situations?

Distance vision: (driving, golf, tennis, other sports, watching television)

_____ I prefer to NOT wear distance glasses _____ I do not mind wearing glasses for distance

Mid-range vision: (computer, menus, price tags, cooking, board games, items on a shelf)

_____ I prefer to NOT wear mid-range glasses _____ I do not mind wearing glasses for mid-range vision

Near vision: (reading books, newspapers, sewing, detailed handwork)

_____ I prefer to NOT wear reading and near vision glasses _____ I do not mind wearing glasses for reading and near vision

2. Please check ONE STATEMENT that BEST DESCRIBES you in terms of NIGHT VISION

_____ a. Night vision is extremely important to me and I require the best possible quality night vision

_____ b. I want to be able to drive comfortably at night, but I would tolerate some slight imperfections

_____ c. Night vision is not particularly important to me

3. If you HAD TO wear glasses after surgery, which range of vision are you MOST WILLING to wear glasses for?

_____ distance _____ mid-range _____ reading

4. If you can have good distance vision during the day without glasses AND good near vision for reading without glasses BUT the compromise was that you might see some halos or rings around lights at night, would you consider that option?

_____ Yes _____ No

5. If you can have good distance vision during the day and at night without glasses AND good mid-range vision without glasses BUT the compromise was that you might need glasses for reading the finest print at near, would you consider that option?

_____ Yes _____ No

6. Surgery to reduce your dependence on glasses for distance, mid-range and near vision may be partially covered by insurance if you have a cataract. Would you be interested in learning more about this option?

_____ Yes _____ No _____ Maybe, it depends on how much is covered by insurance

7. Please place an "X" on the following scale to describe your personality as best as you can:

[-----|-----]
 Easy Going Perfectionist

Patient Signature _____

Date _____