

Without Cataract



simulated image

With Cataract



simulated image

## Preparing for your visit with your eye doctor

During your visit to the eye doctor:

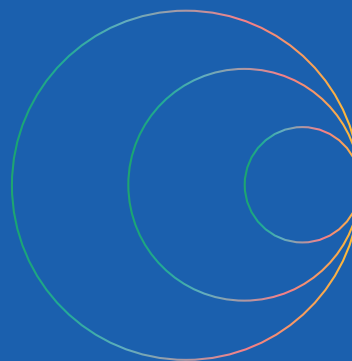
- You will be asked questions about your vision.
- Your vision will be tested.
- Your eyes may be measured by experienced technicians to assess whether or not you have corneal astigmatism that may affect your vision after cataract surgery.
- You will receive drops to dilate your pupils. You should expect to have blurry vision for a few hours due to the drops. Please ensure you have someone to drive you afterward.
- You will receive a comprehensive eye exam by the eye doctor in order to determine whether cataract surgery will improve your vision.
- You will receive information on lens options that are suitable for your vision needs and eye health.

## Measurements for Cataract Surgery

If you and your eye doctor decide that cataract surgery is appropriate for you, your eyes will need to be measured.

Provincial health care generally covers basic measurements that will allow the surgery to be completed safely with satisfactory results.

Depending on the type of IOL you select, additional specialized measurements may be required to ensure a precise prescription match to your individual eyes. These measurements are generally not covered by provincial health care.



# Your Guide to Cataract Surgery

Alcon  
Advanced  
Lenses

CATARACT CORRECTIVE TECHNOLOGY

## Your Lens Options

Cataract surgery is a once-in-a-lifetime opportunity that provides you the chance to restore your vision based on which intraocular lens you and your eye doctor select.

Not sure which lens might be right for your lifestyle and vision goals? Take the self-assessment quiz at [SeeTheFullPicture.ca](https://www.seethefullpicture.ca) to find out and discuss your options with your eye doctor.

Connect with us on

- [facebook.com/SeeTheFullPictureCanada](https://www.facebook.com/SeeTheFullPictureCanada)
- [youtube.com/AlconAdvancedLenses](https://www.youtube.com/AlconAdvancedLenses)

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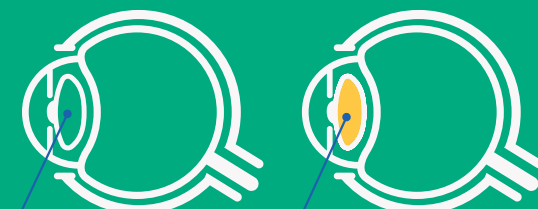
[SeeTheFullPicture.ca](https://www.seethefullpicture.ca)



## What is a Cataract?

Cataracts occur when the lens in your eye becomes cloudy from natural proteins that build up over time. As the condition progresses, the clouded lens allows less light to pass through your eye and your vision becomes blurred.

Cataracts may make it difficult to participate in daily activities, such as reading, working or driving. Fortunately, modern cataract surgery is one of the safest and most common surgeries in the world.



Eye without cataract

Eye with cataract

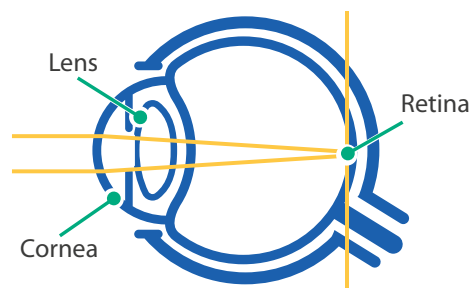
## How are Cataracts Treated?

Treatment of cataracts is routine in most cases. The treatment replaces the eye's cloudy natural lens with a new prescription intraocular lens implant, called an IOL. This new IOL is designed to be permanent.

If you've recently been diagnosed with cataracts, there's a lot you need to know. Please read this brochure carefully before your next appointment.

## How Vision Works

Our eyes work a lot like a camera. When we look at an object, light rays reflect off that object and enter our eyes through the cornea. After light passes through the pupil, the dark opening in the center of the eye, the lens, located behind the cornea, focuses the light rays onto our retina. This inner lens is called the crystalline lens.



## Intraocular Lens Options

During cataract surgery, the eye's cloudy natural lens is replaced with an artificial intraocular lens implant (IOL).

Although IOLs can often reduce your need for glasses, many people require glasses for some activities after surgery.

Advanced IOL choices may make it possible for you to reduce your need for glasses to see well at near, intermediate and far distances after cataract surgery.

### Corneal Astigmatism and IOL Choices

Aside from ocular health, the quality of your functional vision after cataract surgery may be affected by corneal astigmatism.

Corneal astigmatism is normal and quite common. If you have corneal astigmatism, this simply means that the prescription in your eye's cornea is more oval than round. About 1 out of every 3 people have corneal astigmatism.



Advanced IOL choices are available in oval (called toric) for people with astigmatism and round prescriptions suitable for everyone else, and fall into two broad categories: Monofocal IOLs and Presbyopia-Correcting IOLs.

Once your eyes have been examined, you and your eye doctor will be able to discuss which IOL will best match your vision goals and ocular history.

## Monofocal or Presbyopia-Correcting IOLs

**Monofocal Lenses** provide a single point of focus, generally providing good focus far away (distance) and requiring reading glasses for up close tasks (near vision). This would include most likely needing glasses for tasks like shaving or putting on make-up.

**Extended vision lenses** provide you with a continuous range of vision so you can reduce your need for glasses when performing routine activities after your cataract surgery. With these lenses, you can expect a continuous range of

vision for distant and intermediate tasks, while also providing you with functional near visual acuity. Functional near visual acuity reduces your need for glasses when performing up-close tasks such as using your smartphone or reading a menu in adequate light, compared to a monofocal lens.

**Trifocal lenses** are one of the latest advances in vision correction technology. They are designed to enhance your lifestyle by providing clear vision at near, intermediate and far distances for clear, complete focus with a greater chance of spectacle independence after surgery, compared to a monofocal lens.

Visit [SeeTheFullPicture.ca](http://SeeTheFullPicture.ca) to learn more about your IOL options.