Cataract Class
You are here today because you have a cataract. The purpose of this class is to learn more about:

- What a cataract is
- What are your lens options
- Risks & Complications of Cataract Surgery
- What to expect before, during & after surgery
Natural Part of Aging

- Cataracts are a natural change that occurs with aging. It is a gradual opacity of the lens inside the eye. The lens sits just behind the iris. The condition will continue to progress, until you are not able to see through the lens.

- Cataract surgery is an elective surgery – it is not mandatory.
Not all cataracts are visually significant. Cataracts that are present but do not interfere with your ability to drive, read, and function do not need to be removed.

Visually significant cataracts do interfere with one’s ability to drive, read, and function.

These cataracts require surgery to improve vision.

The goal of cataract surgery is to help you see better.

However, cataract surgery will not correct any other eye conditions that you currently have.

Cataract surgery will not get rid of floaters.

Floaters may appear more visible after surgery.
If you have only seen an Optometrist for glasses, you will have to schedule an appointment with an Ophthalmologist (an eye surgeon) for a dilated exam.

Once it is decided that you will have surgery

- The doctor’s assistant will schedule a Biometry appointment.
- The surgery scheduler will offer you a surgery date and schedule a Health Assessment.
Before Surgery Testing

- All cataract patients require a biometry exam to measure the length of the eye to determine the power and/or type of the intraocular lens implant. Most patients can obtain a biometry exam on the same day of the cataract evaluation with the surgeon.

- If you wear Contact Lenses, you will have to stop wearing them for 1 week prior to this appointment for soft lenses and 3 weeks for hard lenses. You will have to wear your glasses during this time.
  - This appointment takes between 30 min to an hour. No dilation is required; therefore, your vision will not be altered. Both eyes will be measured. The measurement is taken with multiple non-contact machines. Some circumstances will require a contact machine to be used.

- If you select the Multifocal Lens, you will need a one hour biometry appointment and an OCT scan.

- If you had Refractive Surgery, ask your surgeon if a copy of your Medical Records, Pre-Op and Post-Op notes, are necessary for the calculation of your implant.

Not following these recommendations can result in a poor surgical outcome. (See Biometry Exam Overview sheet for details.)
DISCLOSURE:

DO NOT WEAR CONTACT LENSES PRIOR TO THE BIOMETRY EXAMINATION

If you wear contact lenses, you will be required to leave them out of the eyes for a period of time prior to having your Biometry examination. This is done because the contact lens rests on the cornea, distorting its shape, and this distortion will have an effect on the accuracy of the measurements of the power of surgical correction needed.

Discontinuing contact lens use allows the corneas to return to their natural shape. **Rigid (including gas permeable and standard hard lenses) contact lens wearers should leave lenses out of the eyes for at least three weeks.** Rigid contact lens wearers usually experience fluctuating vision once their lenses have been discontinued due to changes in the shape of the cornea. Although the cornea usually returns to its natural state within three weeks, this process may take longer, and you will need to remain contact lens free until stabilization is complete.
Selecting the Point of Focus

- For the Cataract Surgery, you will select at what distance you want your vision to focus. By selecting the Standard Lens or Toric Lens, you will only have one point of focus, regardless of what vision you have now. The choice you make will depend on your life style needs.

- **Far Focus**— If you do not have astigmatism, you may be able to use over the counter reading glasses.

- **Near Focus**— You will have thick lenses for your glasses due to a strong prescription to see far.

- **Arm’s Length Focus**— You will need glasses to drive and to see detail at near.
Type 1: Standard Lens

- With this lens, you will be corrected for only one of the following: near vision (reading, writing, or knitting), arms length (computer work), or far vision (driving).

- Depending on the chosen correction you will need to wear glasses for near vision, arms length, or far vision after surgery.

- There is no additional charge for the standard implant lens.
Implant Lens Information

Type 2: Toric Lens

- This lens corrects astigmatism and is intended to help patients who have astigmatism see clearer. With this lens implant you will be corrected for **one** of the following: near vision (reading, writing, or knitting), arms length (computer work), **or** far vision (driving).

- Depending on the chosen correction you may need to wear glasses for near vision, arms length, or far vision after surgery.

*The Toric lens is **NOT** a covered benefit. There is an additional fee of **$1,200** per eye. Not everyone is a candidate for this implant. This lens must be paid in full approx. 1 week prior to the surgery date. You will receive a phone call to make the payment.*

- If you cannot afford to purchase the Toric Lens, you can select the Standard Lens and have your astigmatism corrected with glasses, as you do currently. With this selection, you will be more dependent on glasses.
Simulation of Cataracts with Astigmatism
Simulation of Standard IOL Implant with Astigmatism
Simulation of Toric IOL Implant
Implant Lens Information

Type 3: Multifocal Lens

- This implant is a specialized lens that allows you to focus at near, arm’s length, and far simultaneously with less dependence on glasses.

- For example, you will be able to drive and focus on your navigation system or dashboard automatically.

- For best results, both eyes should have the Multifocal Lens implanted.

The multifocal lens is **NOT** a covered benefit. **There is an additional fee of about $2,500 per eye. Not everyone is a candidate for this implant. This lens must be paid in full 1 week prior to the surgery date. You will receive a phone call to make the payment.**
Implant Lens Information

Type 3: Multifocal Lens

- The Eye Surgeon will **screen** you to determine if you are a candidate.
  - Retinal Health
  - Astigmatism
  - Refractive Surgery
  - Pupil Size
Implant Lens Information
Multifocal Lens

Five focusing zones for a full range of vision

**Low night/distance-dominant zone**
Provides additional distance-dominant support in low light conditions, such as driving at night, when pupils are dilated.

**Bright light/distance-dominant zone**
Supports bright/distance conditions, such as driving in daytime, when pupils are constricted.

**Near-dominant zone**
Provides additional near vision in a broad range of moderate to low light conditions.

**Near-dominant zone**
Provides good near vision in a range of light conditions.

**Distance/Intermediate zone**
Supports good distance vision in moderate to low light conditions.
Implant Lens Information
How the Multifocal Works

Type 3: Multifocal Lens

- There will be a period of adjustment.

- Your brain will learn to automatically select the lens area that is necessary to focus. This is similar to filtering out the noise in a crowded room, while having a conversation.

- You will learn what is the optimal distance to hold your reading material.

- About 5% of the patients see halos around lights during night vision. These halos become less noticeable with time and are less profound than those created by cataracts.
Longshoremen’s Cataract Surgery IOL Cost Exception

What is ILWU-PMA?
- ILWU stands for International Longshore and Warehouse Union and PMA stands for Pacific Maritime Association, an Employer Association. ILWU-PMA has been with KP for over 60 years and is one of our earliest customers. It is a Fully Insured group with approximately 14,000 members across California.

Which ILWU-PMA Members are covered by the Exception?
- All Active ILWU-PMA Employees, Non-Medicare Retirees and Medicare Retirees
- Benefit applies to all ILWU-PMA Employees and their Dependents (i.e., Spouse, Dependent children 26 and younger).

Under the ILWU-PMA Exception, what is covered at $0 cost share?
- Cataract Surgery Intra-Ocular Lenses: Standard Lenses, Toric Lenses, and Multifocal Lenses
Payments

- One week before surgery, the Ophthalmology Department will contact you to make arrangements for payment over the phone by credit card. Check and cash payments are made in person.

- Co-Pay for the procedure is due on the day of surgery, upon registration.
Co-Payments for Surgery

- Co-payments for **Same Day Surgery** vary depending on your individual plan.

- You may also have co-payments for your pre and post operative appointments.

- Health Plan Call Center (for co-pay information)
  
  Phone: 1-800-464-4000
  
  Hours: Mon-Fri 7 AM - 7 PM
  Sat-Sun 7 AM - 3 PM
Risks and Complications of Cataract Surgery

- Infection
- Inflammation
- Bleeding
- Detachment or swelling of the Retina
  - *May need additional surgery in the future*
- Posterior Capsule rupture
  - *May need additional surgery in the future*
- Posterior Capsule opacity
  - *Will need additional surgery in the future*
- Loss of vision, including blindness
- Stroke, heart attack, or death
- Contact your doctor if you have sudden loss of vision, light sensitivity, discharge, or strong pain.
Cataract surgeries are performed at the Oakland Broadway Medical Office Building (BMOB) Procedure Suite.
Surgery Prep

- Register

- Prep 1 hour (relaxing medication, IV placement, explanation of what to expect, post-operative instructions), procedure 15-20 min, plus recovery

- Total approximate time for visit is 2 hours.
Cataract Surgery

- Cataract surgery involves removing the cloudy natural lens and replacing it with an artificial lens (also called an IOL which stands for intra-ocular lens).
Removing the cloudy natural lens

Ultrasonic vibrations break up the lens and cataract...

...then the lens is removed.
New Intraocular Lens Placed

The IOL is a silicone or acrylic lens implant.
Bilateral Surgery

- There is the option of having the surgery for both eyes on the same day. The surgeon will need to approve this at your preoperative visit in the clinic. This needs to be pre-planned and documented in your chart.

- The shield that goes over the eye, after surgery, is transparent, so you will be able to see through it.

- **Advantages**
  - 1 trip to the Surgery Department
  - 1 copay
  - 1 health assessment (good for one month)
  - Same medication schedule for both eyes
  - Faster recovery, so you can get your glasses sooner
Surgery Medication

Your surgeon will send a prescription to the pharmacy for the needed medications. **It is your responsibility to fill the medications before your surgery.**

You may fill them

- **Same Day**
- **Mail order:** Call 1 (888) 218-6245, option 2 or **On-line** KP.org (My Health Manager, Pharmacy Center, My Prescriptions, jot down prescription number, Refill Prescriptions, follow prompts)
- **Pick them up at a later date.**

Pharmacy (510) 752-1011
Before Surgery Medication

You will only use this medication on the day of surgery, for the eye that will have surgery.

Cyclomydril – Red Cap (dilation)

- One drop 1 hour before your arrival time.
- One drop 30 min later.
- One drop when you arrive at the surgery center.
After Surgery Medication

- **Trimethoprim/Polymyxin B** – White or Clear Cap (Antibiotic)
  - 1st week please use: 4 times per day
  - 8th day after surgery please **STOP** using this drop.

The first week, you will be using two eye medications. Wait 5 minutes between each drop.

- **Prednisolone Acetate 1%** - White or Pink Cap (Anti-inflammatory)
  - (shake before applying)
  - 1st week please use: 4 times per day
  - 2nd week please use: 4 times per day
  - 3rd week please use: 3 times per day
  - 4th week please use: 2 times per day
  - 5th week please use: 1 time per day
  - 6th week after surgery please **STOP** using this drop.

**WASH YOUR HANDS BEFORE APPLYING YOUR DROP**

A medication schedule has been attached at the back of your handout, for your convenience.
<table>
<thead>
<tr>
<th>Time</th>
<th>Medicine</th>
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<tbody>
<tr>
<td>9am</td>
<td>Prednisolone Acetate 1%</td>
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<tr>
<td>9:10am</td>
<td>Trimethoprim/Polymyxin B</td>
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<td>9:20am</td>
<td>(other)</td>
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<td>1pm</td>
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<tr>
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<td>(other)</td>
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<td>(other)</td>
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## 3rd week

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<tr>
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## 4th week

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## 5th week

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## 6TH WEEK

**STOP MEDICATION**
Pre Operation Information

- You have the opportunity to see the Surgery Scheduler on the day of your cataract evaluation. The Surgery Scheduler will schedule your surgery, post-op appointments, and give you additional information. If you are unable to stay, the Surgery Scheduler will contact you by phone.

- You will NOT receive a reminder for your surgery date.

- An appointment will be arranged for review of medical history and physical health prior to your surgery date. Most appointments will be by telephone with a nurse.

- **Arrival time** for surgery is not set until 3 days before surgery. Please call 510-752-7379, three business days before your surgery date (Mon-Fri), between 11 am to 5 pm, for further instructions and arrival time. If no one answers, leave your name, medical record number, and phone number. Specify if it is ok to leave a voice message on your phone for arrival time and instructions. You will be contacted before 7 pm.

- Surgery is usually done under local anesthesia with oral medication or IV sedation. You will be required to lay flat 20 min for one eye surgery and 1 hour for two eye surgery. You will be at the Surgery Center for approximately 2 hours.

- **FOOD AND LIQUIDS.** Regular FOOD, gum, candies and other non-food items are allowed up until 8 hours before your scheduled arrival time. CLEAR LIQUIDS (water, clear apple juice, plain tea without milk or milk substitute, black coffee without milk or milk substitute) are allowed up until 2 hours before your scheduled arrival time. Take your usual medication with a small sip of water.
# Surgery Arrival Time

Call 3 business days before surgery.

(510) 752-7379

For example:

## Normal Week

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<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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<td>CALL</td>
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## Monday Surgery

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<th>Sun</th>
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<td>CALL</td>
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</table>

## Holiday Week

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<th>Sun</th>
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<tbody>
<tr>
<td>CALL</td>
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<td></td>
<td></td>
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<td></td>
<td>Holiday</td>
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</table>

Your Surgery Date

[28]
To prevent your surgery from being rescheduled:

- Please keep all your preop appointments.
- No Food 8 hours before arrival time. Clear liquids allowed 2 hours before arrival time.
- On the day of surgery, bring an adult companion to the surgery registration desk, who will stay during the surgery and will take you home.

Your surgery may also be cancelled if…

- Medical conditions or other eye problems are discovered that may prevent surgery at this time.
You must have an adult bring you home after surgery and to your follow up appointment the next day. On the day of your surgery, your driver must come with you to the Registration Desk. S/he must remain on the hospital campus. If you use Paratransit or a taxi, someone else must accompany you as well. If your companion does not drive, you and your companion may travel by public transportation.

After surgery, appointments vary, but you will be seen 1 day after per all surgeons. Some appointments may be by telephone. Your surgeon will inform you about the specifics of your post op visits.

Use eye drops as prescribed by your eye surgeon.

For one week after surgery:
* No eye make-up
* Avoid rubbing or touching your eye
* Wear your eye shield while sleeping
* You may take a shower starting the day after surgery. Avoid getting water into your eye. If you get water in your eye, apply the antibiotic eye drops in your eye after completing your shower and then resume your normal schedule.

For three weeks after surgery:
* No swimming or gardening
* No dental work (If it is an emergency, consult your eye surgeon)
Post-Op Vision Adjustment

If you select the **Far Focus**

- You will be able to use over the counter readers during your recovery. Once your vision becomes stable, you will have your exam with the Optometrist to get your official glasses for reading.
- You will be able to drive once you can focus clearly at a distance.

If you select the **Near Focus**

- You will have to **wait** for your vision to become stable to have your exam with the Optometrist to get your official glasses for driving.
- You will be able to read once you can focus at near vision.
Glasses

After cataract surgery, your current glasses or contact lens will no longer be correct for the operative eye.

- Kaiser Senior Advantage and Kaiser Medicare Cost members will get a discount toward one pair of eyeglasses or contact lenses following each cataract surgery.
- $80 towards frames plus standard lenses.
- If you choose to use your old frames, there will be a $15 processing fee.
- Post operative refractions are usually done about 4-6 weeks after cataract surgery.
Our Cataract Surgeons

We encourage you to go to kp.org/mydoctor. Enter one of our MD’s names. Click on the Quick link on the home page for Cataract Patients. It has videos with lots of great information about Cataract surgery.

Yachna Ahuja, MD
Oakland

Catherine Cox, MD
Oakland/Richmond

Michael Geske, MD
Oakland/Richmond

Adrian Dokey, MD
Oakland/Richmond
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Tova Mannis, MD
Oakland/Richmond

Esther Manolarakis, MD
Oakland

Ying Qian, MD
Oakland

Robin Vora, MD
Oakland
Our Cataract Surgeons

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Lillian Yang, MD
Oakland/Richmond
Contact Information

**Oakland Ophthalmology and Optometry**

Location: 3772 Howe Street, 2\textsuperscript{nd} & 3\textsuperscript{rd} floors  
Hours: 8:30 am to 5:30 pm M-F  
(Optometry is open Mon- Sat: 8:00 am to 4:30 pm)

Phone: (510) 752-1235 Option 3, 1 (Ophthalmology)  
(510) 752-1235 Option 3, 2 (Optometry)

Surgery Scheduler: (510) 752-6647 (to reschedule Biometry/pre-operative phone call/Surgery)

**Richmond Ophthalmology and Optometry**

Location: 901 Nevin Ave, Bldg 2, 2\textsuperscript{nd} floor  
Hours: 8:00 am to 5:00 pm M-F  
(Optometry is open Mon- Sat: 8:00 am to 5:00 pm)

Phone: (510) 307-1530 (Ophthalmology)
We wish you a wonderful surgery and an excellent recovery!!!