

HOSPITAL  
LOGO

A photograph of an older woman with short, styled white hair and a man with a grey beard and mustache, both smiling warmly at each other. The woman is on the left, wearing a blue and white striped shirt. The man is on the right, wearing a light blue button-down shirt. The background is a blurred stone wall. The image is partially overlaid by a blue diagonal shape that contains the main text.

**LIVE  
WITHOUT  
CATARACTS**

**Start your journey.**

Important eye care  
information for you  
to read before  
visiting us.

**Alcon**



## FACTS ABOUT CATARACTS

Cataract is a clouding of the natural lens of your eye that causes your vision to appear hazy. They develop gradually as our eyes get older<sup>1</sup>

### If you have cataracts, you may have noticed<sup>2</sup>:

- Clouded, blurred, or dim vision
- Reduced quality of night vision
- Light sensitivity
- Difficulty reading
- Frequent changes in eyeglasses prescriptions
- Fading of colors
- Double vision in one eye

# TAKE CONTROL OF YOUR VISION

## UNDERSTANDING EYE CONDITIONS

### OTHER EYE CONDITIONS:

1

#### UNDERSTANDING

- *DISTORTED BLURRED VISION* -

**ASTIGMATISM** is a common defect in the shape of a cornea that blurs vision and distorts light before it reaches the lens of the eye. If you have astigmatism but don't get it corrected during cataract correction, you may still need to wear glasses after the procedure.<sup>3</sup>

2

#### CLARIFYING

- *AGE-RELATED BLURRED VISION*

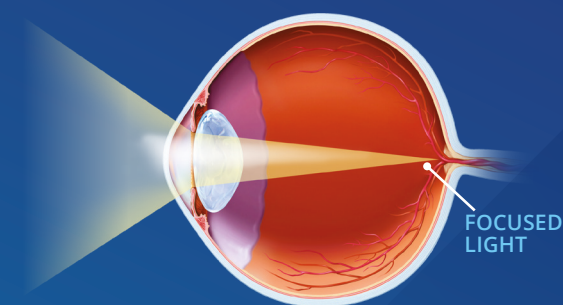
**PRESBYOPIA** causes you to lose the ability to focus on nearby objects. It consists in a gradual stiffening of the lens of your eye, which is often still able to focus on distant objects but cannot flex properly for sharp, close-up vision<sup>4</sup>.

## LET'S GET CLEAR ABOUT CATARACTS

Cataract surgery is one of the safest, most common, and most effective procedures performed today.<sup>1</sup>

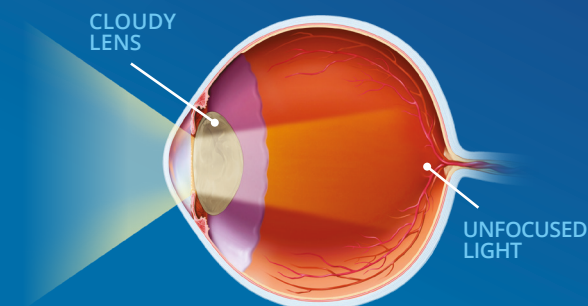
It's an opportunity to remove cataracts as well as other eye conditions, like astigmatism and presbyopia.<sup>5</sup>

### HEALTHY EYE

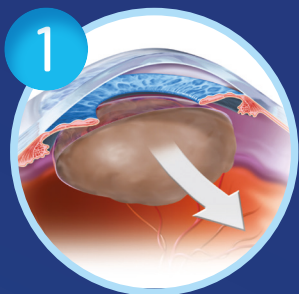


VS

### EYE WITH CATARACT

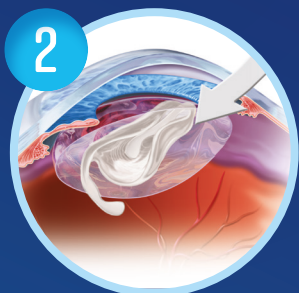


# CATARACT CORRECTION AT A GLANCE



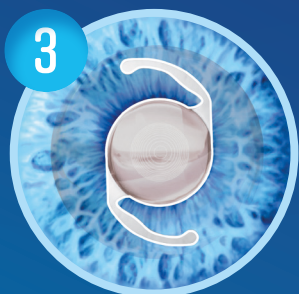
## CATARACT REMOVAL

The surgeon removes the clouded lens through a tiny incision.



## LENS INSERTION

The surgeon replaces the natural lens with a new, artificial lens.



## VISION RENEWED

With a new lens, you'll be free from cataracts.

# SEE LIFE DIFFERENTLY

## CATARACT REMOVAL: WHAT TO EXPECT



### **GET READY:** *Before removal*

Your vision symptoms will be assessed during an eye exam to diagnose cataracts and your doctor will conduct tests to evaluate your IOL options.



### **GET SET:** *Day of removal*

The procedure requires a topical anesthetic and a tiny incision. You will recover at home the same day.



### **SEE:** *Life After Cataract removal*

After your procedure, you will discover renewed clarity of vision. Life without cataracts is yours to explore.



## **MOVING FORWARD**

### **1-2 DAYS** *After removal*

You'll have a follow-up appointment one or two days after the procedure, and you may find you have good vision within a few days of cataract removal. You may notice some glare with bright lights or halos around lights at night. These will become less noticeable over time.<sup>6</sup>

### **1-3 WEEKS** *After removal*

Once your vision has stabilized, you may be able to more easily enjoy activities like picking up your cup of coffee, driving at night or browsing the Internet on your computer without having to reach for your glasses all the time, depending on the lens implanted.<sup>13</sup>

### **1 YEAR** *After removal*

Your vision shouldn't change at this point, but you should attend regular eye doctor appointments as advised by the treating team. Make an appointment if you notice any changes in your vision.<sup>7</sup>

***KNOW YOUR OPTIONS.  
FUEL YOUR FUTURE.***

## **PRESBYOPIA- CORRECTING LENSES**

Presbyopia-correcting lenses help reduce the need for glasses at all distances.<sup>8</sup>

They can provide enhanced vision far away and at arm's length, as well as functional near vision.<sup>9</sup>

## **MONOFOCAL LENS**

A monofocal lens is a basic cataract replacement lens that helps reduce the need for glasses for distant vision, and while you may be able to see distant objects clearly, you will likely still need glasses to see up close and at arm's length. If you have astigmatism, you will probably need glasses at all distances.<sup>10</sup>

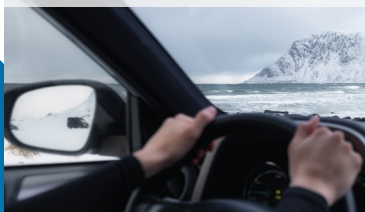


# MAKE SHARPER SIGHT YOURS

Monofocal  
Lenses

Presbyopia-  
Correcting  
Lenses

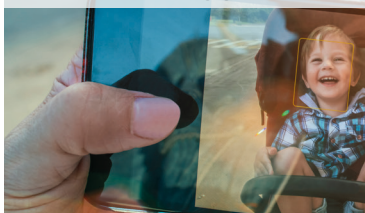
DISTANCE VISION



INTERMEDIATE VISION



NEAR VISION



AVAILABLE IN TORIC ASTIGMATISM-  
CORRECTING TECHNOLOGY



SIMULATED IMAGES

Presbyopia-correcting and monofocal lenses come in toric versions. With a toric version, **you can correct astigmatism** while also maintaining all of the vision benefits of the lens.

# BRIGHTER VIEW. BRIGHTER YOU.

You can choose what your future looks like. The cataract replacement lens you choose can have a big impact on what you can see—and what you can do.



## Monofocal Lenses

Standard cataract replacement lenses help reduce the need for glasses for distant vision. You will still need glasses for reading and other activities.<sup>10</sup>

## YOUR VISION. YOUR CHOICE.

Whether it's reading, gardening, or driving, we rely on the quality and range of our vision every day. Learning about what you see and do at certain distances can help you gain a better understanding of what you want to see in your future.

**Lenses are available with astigmatism-correcting technology.**



### Presbyopia-Correcting Lenses

Trifocal lenses and extended vision lenses help reduce the need for glasses at all distances.<sup>9</sup>

Talk to your doctor about which presbyopia-correcting lens is right for you.

# TALK TO YOUR DOCTOR

If you have questions about cataracts, you're not alone. Share your questions about cataracts and your hopes for your vision with your doctor.

## CATARACT CORRECTION

- What are the basics of cataract surgery?
- What are my intraocular lens options?

## GETTING READY

- How should I prepare for cataract surgery?
- Does my health insurance cover cataract correction?

## YOUR OPTIONS

- Which intraocular lens do you recommend for me?
- Will my lens correct my astigmatism?

## LIFE AFTER CATARACT CORRECTION

- What will my vision be like after cataract correction?
- Will I still need glasses after correction?



## INVESTING IN YOUR VISION

Cataract correction is a once-in-a lifetime opportunity that affects your everyday life. While cataract replacement lenses vary in price, many people feel that paying for an advanced technology lens is a wise investment.

Talk to your surgeon's office; they will work with you on the best way to finance the cost of advanced technology lenses.

# FREQUENTLY ASKED QUESTIONS

Q

**How long does cataract removal take?**

A

Cataract removal is an outpatient procedure that is usually completed within 10 to 20 minutes.<sup>11</sup>

Q

**How long does it take to recover from cataract removal?**

A

Recovery times depend on the person and the case, but most people rest for a few hours after surgery. Your doctor may recommend that you wear a protective shield over your eye for several days.

Q

**Can I drive after cataract removal?**

A

It's recommended that you don't drive for up to 24 hours after your cataract surgery, so you'll need to ask a friend or relative to drive you home.

Q

## Can I fly after cataract removal?

Most people are able to fly within a few days, but you should ask your doctor at your follow-up visit if you are cleared to travel.

A

Q

## Can I exercise after cataract removal?

In general, you should avoid strenuous activities for a few weeks after cataract surgery. Talk to your doctor if you have questions about certain activities.

A

Q

## How long do cataract replacement lenses last?

IOLs are very durable and usually last a lifetime.<sup>12</sup> The lens you choose will make a big difference to your vision after correction. By investing in your vision, you're investing in your future.

A

**WARNINGS/PRECAUTIONS:** Contact your eye doctor immediately if you experience any of the following symptoms after cataract surgery: itch, redness, excessive tear production, sensitivity to light. The safety and effectiveness of these IOLs have not been established in patients with eye conditions, such as an increase in eye pressure (glaucoma) or complications of diabetes in the eye (diabetic retinopathy). As with any surgical procedure, there are risks involved. These risks may include but are not limited to infection, damage to the lining of the cornea, the retinal layer which lines the inside back wall of your eye may become separated from the adjacent tissues (retinal detachment), inflammation or swelling inside or outside the eye, damage to the iris (the colored diaphragm around the pupil), or an increase in eye pressure that cannot be controlled by medicines and a secondary surgical procedure. There is a possibility that the IOL may be placed incorrectly or could move within the eye. This may result in less improvement or a reduction in vision, or it may cause visual symptoms. AcrySof® IQ Toric IOLs, AcrySof® IQ ReSTOR® multifocal Toric IOLs, and AcrySof® IQ PanOptix® Trifocal Toric IOLs correct astigmatism only when positioned correctly in the eye. There is a possibility that these Toric IOLs could be placed incorrectly or could move within the eye. This may result in less improvement or a reduction in vision because your astigmatism has not been fully corrected, or it may cause visual symptoms. With the AcrySof® IQ ReSTOR®, AcrySof® IQ PanOptix® Trifocal IOLs, and AcrySof® IQ Vivify™ Extended Vision IOLs there may be a loss of visual acuity that may be worse in dim light or in foggy conditions. There is also a possibility that you may have some visual effects such as rims or circles (halos) around lights at night. You may also have trouble seeing street signs due to bright lights or glare from oncoming headlights.

**ATTENTION:** As with any surgical procedure, there are risks involved. Before surgery, ask your eye doctor to provide you with the AcrySof® IQ Patient Information Brochure for the lens to be implanted. This Brochure which will inform you of the risks and benefits associated with the IOL. Discuss any questions about the possible risks and benefits with your eye doctor.

**REFERENCES:** 1. Cataract Surgery. Mayo Clinic website. <https://www.mayoclinic.org/tests-procedures/cataract-surgery/about/pac-20384765>. Updated March 15, 2021. Accessed May 18, 2021. 2. Mayo clinic. Cataracts. Available from <https://www.mayoclinic.org/diseases-conditions/cataracts/symptoms-causes/syc-20353790?page=0&citems=10>. Accessed on February 26, 2020. 3. American Academy of Ophthalmology. What is Astigmatism? Available from <https://www.aao.org/eye-health/diseases/what-is-Astigmatism>. Accessed on March 3, 2020. 4. What Is Presbyopia? - American Academy of Ophthalmology. Available from <https://www.aao.org/eye-health/diseases/what-is-presbyopia>. Accessed May 18, 2021. 5. Facts about cataract. National Eye Institute website. [https://nei.nih.gov/health/cataract/cataract\\_facts](https://nei.nih.gov/health/cataract/cataract_facts). Updated September 2015. Accessed March 19, 2019. 6. Kohnen, T. First implantation of a diffractive quadrifocal (trifocal) intraocular lens. *J Cataract Refract Surg.* 2015;41(10):2230–2332. doi:10.1016/j.jcrs.2015.11.012. 7. Canadian Association of Optometrists. The eye exam. <https://opto.ca/health-library/the-eye-exam>. Accessed May 18, 2017. 8. Kohen & all, Visual Performance of a Quadrifocal (Trifocal) Intraocular Lens Following Removal of the Crystalline Lens, *American Journal of Ophthalmology* 2017, Accessed on May 18, 2021. 9. PVisual and Patient-Reported Outcomes of a Diffractive Trifocal Intraocular Lens Compared with Those of a Monofocal Intraocular Lens, Satish Modi, MD, FRCS(C), Robert Lehmann, MD, Andrew Maxwell, MD, PhD, Kerry Solomon, MD, Robert Cionni, MD, Vance Thompson, MD, Jeffrey Horn, MD, Michael Caplan, MD, Bret Fisher, MD, Jerry G. Hu, MD, Elizabeth Yeu, MD, AAO March 2020. 10. Jing Liu, Yi Dong and Yan Wang Efficacy and safety of extended depth of focus intraocular lenses in cataract surgery: a systematic review and meta-analysis 2019 Liu et al. *BMC Ophthalmology*. 11. Hadrill M. Cataract surgery recovery: 8 tips to minimize recovery time. All About Vision website. <https://www.allaboutvision.com/conditions/cataract-surgery-recovery.htm>. Updated October 2016. Accessed April 16, 2019. 12. Softing Hataye A. Cataract surgery: will my vision deteriorate after cataract surgery? Mayo Clinic website. <https://www.mayoclinic.org/tests-procedures/cataract-surgery/expert-answers/cataract-surgery/faq-20058200>. Updated March 4, 2017. Accessed April 16, 2019. 13. A Comparative Evaluation of a New Generation of Diffractive Trifocal and Extended Depth of Focus Intraocular Lenses Beatrice Cochener, MD, PhD; Guillaume Boutilier, MD; Mathieu Lamard, PhD; Claire Auberger-Zagnoli, MD, *Journal of Refractive Surgery* • Vol. 34, No. 8, 2018