



# Understanding Cataract Surgery

You will be able to change how you see after cataract surgery.

**YOUR VISION. YOUR DECISION.**



Visionary  
Eye Doctors

*Advanced technology with a loving touch*

## TABLE OF CONTENTS

WHAT ARE CATARACTS?	3
CATARACT SURGERY OPTIONS	5
REPLACEMENT LENS OPTIONS	8
COMPREHENSIVE CATARACT CONSULTATION	10
CATARACT FAQs	12
CATARACT SURGERY PRICING & FINANCING	14
ABOUT US	16
OUR CATARACT SURGICAL SPECIALISTS	17
OUR SERVICES	18



## WHAT ARE CATARACTS?

A cataract is not a disease, but an eye condition that occurs to most people as they age. Cataracts are the result of the clouding of the eye's natural lens caused by a build-up of protein clumps in the eye. As the clumps gradually grow in size, light is blocked from reaching the retina so vision becomes impaired.

### CATARACT SYMPTOMS

People are often unaware they have cataracts in the early stages – until they are diagnosed during a routine eye exam. You may be able to live with a cataract for years without it affecting your daily life. As the condition progresses, you will start to experience:

- Clouded or blurry vision
- Glare or halos around lights
- Increasing difficulty with night vision and driving
- Bright light needed for reading and other activities
- Fading or yellowing of colors
- Double vision (even when one eye is closed)
- Frequent need to change eyeglass or contact lens prescription

Cataracts are not a medical emergency; you and your doctor can take time to determine when surgery is right for you.

**Cataracts affect many people after age 40 and gradually worsen with time. They can affect your ability to perform normal tasks like reading, driving and more. They are the leading cause of vision loss in adults over age 55; by age 80, more than half of all Americans have cataracts.**



A photograph of a middle-aged couple smiling and embracing on a beach. The woman is in the foreground, wearing a white sleeveless top, and the man is behind her, wearing a white button-down shirt. They are both looking towards the right. The background shows the ocean and a clear sky.

## CATARACT SURGERY OPTIONS

Cataract surgery is one of the most commonly performed surgeries with an exceptional success rate. The clouded lens is removed and replaced with an artificial lens implant or Intraocular Lens (IOL). We use two methods for cataract removal: traditional cataract surgery and bladeless, laser-assisted cataract surgery. Cataract surgery is performed on one eye at a time to allow for proper healing, with the second eye surgery done about two weeks later.

### TRADITIONAL CATARACT SURGERY

In phacoemulsification cataract surgery, a tiny incision is made at the edge of the cornea to create an opening in the membrane surrounding the affected lens (the lens capsule). An ultrasonic probe is inserted to vibrate and break the lens apart into small fragments. The lens is removed and a permanent IOL is implanted behind the pupil. No stitches are needed due to the small incision and the natural healing abilities of the cornea. Visual acuity improves noticeably within a few days.

### BLADELESS, LASER-ASSISTED CATARACT SURGERY

Visionary Eye Doctors was one of the first ophthalmology centers in the Mid-Atlantic region to introduce bladeless, laser-assisted cataract surgery. We are proud to offer patients true individualization in cataract surgery with the CATALYS® Precision Laser System. This process uses a bladeless, computer-controlled laser to plan and perform your surgery to individualized specifications with real-time, 3D imaging. The laser is used to create precise incisions and gently break up the cataract into tiny pieces for easier removal and less trauma to the eye. The incision process is 10x more accurate than what is achievable by hand. We can even correct a low amount of astigmatism more accurately.



## CATARACT SURGERY OPTIONS

### MORE BENEFITS OF CATALYS®

- **Creates little to no discomfort**
- **Ensures the most gentle, accurate, exact incisions and lens capsule placement using 3D imaging**
- **Provides more precise, consistent results for optimal vision**
- **Addresses unique characteristics of your unique eyes**
- **Provides the opportunity to receive tailored treatment with advanced multifocal lenses which may reduce the need for glasses or contacts after surgery**
- **Promotes faster visual recovery due to reduced inflammation to the eye**

### ADDITIONAL TECHNOLOGY DURING SURGERY

We implement Optiwave® Refractive Analysis with VerifEye (ORA) technology to ensure that the advanced IOL we have chosen for your replacement lens is perfectly selected and placed. The ORA System allows our surgeons to:

- **Take accurate measurements of your eye during surgery, after the cataract is removed**
- **Measure the true refractive power of the eye 40 times in just 2 seconds**
- **Select the appropriate power of your IOL**
- **Tailor your procedure to provide a better visual outcome**
- **Reduce the need for re-treatments**

## CATARACT SURGERY OPTIONS

Prior to having this new technology, surgeons were unable to assess the quality of vision during the procedure and would have to wait until weeks after the procedure to determine the accuracy of the results. The instantaneous feedback that our surgeons receive from ORA has proven to be invaluable for making minor adjustments during surgery to confidently refine your lens power for an optimal outcome. This incredible technology takes our refractive cataract surgery procedure to the next level.

**Cataracts do not have to be removed right away. However, they should be removed when they begin to interfere with your daily activities.**



## REPLACEMENT LENS OPTIONS

For many years, surgeons only had one option to replace the eye's old cloudy lens. Today, you can decide how you want to see after surgery by choosing standard or premium lifestyle lens options.

### STANDARD LENS OPTION: MONOFOCAL LENSES

Monofocal lenses provide vision at one focal point (distance or close-up). If you choose the monofocal lens for distance vision, you may need to wear glasses for near and intermediate work (reading, computer work, knitting, painting, etc.). You may also need glasses to achieve your best distance vision, especially if you have an astigmatism.



## REPLACEMENT LENS OPTIONS

### PREMIUM LIFESTYLE LENS OPTIONS: MULTIFOCAL & TORIC LENSES

With today's advanced Intraocular Lens (IOL) technology, it is now possible to reduce or possibly eliminate your dependence on glasses after cataract surgery.

- **Multifocal IOLs:** These lenses contain multiple zones that focus light at a variety of distances so you have excellent visual acuity of close-up and far away objects. Many patients report the ability to read small print and see distances, both without glasses.

- **Toric IOLs:** These may be recommended if you have mild to moderate astigmatism. This specially designed lens is customized to correct nearsightedness or farsightedness, as well as astigmatism, significantly improving distance vision with less dependence on glasses. You will still need glasses for near and intermediate vision. A Toric IOL may reduce the thickness of your glasses at all distances and may also reduce your reliance on glasses for distance vision.



## COMPREHENSIVE CATARACT CONSULTATION

The cataract consultation at Visionary Eye Doctors is designed to provide our doctors with valuable information about the condition of your eyes and overall systemic health. We will also ask questions about your lifestyle and your vision goals so we can recommend the best treatment option. In some cases you may be able to postpone cataract surgery.

During this 90-minute consultation you will meet your doctor and discuss a customized plan for cataract surgery. Replacement lens options, cost and financing will be discussed in depth so you can make the best decision for your own lifestyle and budget.

The consultation is also a time for you to ask as many questions as you can about the procedure, our success rates and any concerns you have. Having apprehensions about eye surgery is completely normal, and we will work hard to set your mind at ease by providing as much education as possible.

**Our doctors have performed over 30,000 cataract surgeries.**





## CATARACT FAQs

### 1. IS CATARACT SURGERY SAFE?

All surgery involves some risk, no matter how slight. However, complications arising from cataract surgery at Visionary Eye Doctors are very rare. Most of our patients recover clear vision that will remain cataract-free for the rest of their lives. Choosing a surgeon who has performed thousands of successful procedures will help reduce the risk of complications. Your surgeon should discuss the risks, benefits and possible alternatives with you.

### 2. DOES CATARACT SURGERY HURT?

You can expect to feel virtually no pain during the surgery and usually only mild discomfort (scratchiness and irritation) afterward. Topical or local anesthesia will be used to make you comfortable during the procedure and you can be given a mild sedative to help you relax if you'd like. The procedure takes approximately 10-15 minutes including the placement of the IOL.

### 3. WHAT HAPPENS AFTER THE SURGERY?

The eye can usually be anesthetized using eye drops so a patch is not required. After a short period in the outpatient recovery area, you will be ready to go home. Someone will need to drive you home after surgery. You will be provided with a protective shield for your eye and you will be given prescription eye drops to use for a few days prior to and following the procedure. While the eye is healing during the following week, it is recommended you wear your protective eye shield while sleeping or napping. Strenuous activity or lifting, swimming and exposing your eye to dust or grime should be avoided for at least two weeks after surgery.

## CATARACT FAQs

### 4. WHEN IS IT TIME TO HAVE CATARACT SURGERY?

The short answer is when your quality of vision has noticeably declined. Cataracts can begin to form as early as our 40s and their effects often go unnoticed because they are so gradual. Many patients first notice the symptoms when their night vision begins to suffer – halos around lights, glare or oversensitivity to light. One of our patients' most frequent comments after surgery is that colors are so much brighter and vibrant and they are also surprised at how much zing had actually gone out of their vision due to cataracts. Regular eye exams are the best way to monitor the development of cataracts. Our doctors will counsel you as to the best way to proceed.





## CATARACT SURGERY PRICING & FINANCING

Traditional cataract surgery with a monofocal IOL is primarily covered by Medicare and most health insurance plans. Patients will be responsible for the deductible and/or copay and any co-insurance fees. While upgrading to laser assisted cataract surgery and premium IOLs will result in some out-of-pocket expenses, most patients feel the vision results they achieve are worth the extra expense. Imagine...a life that may not include the need for glasses! After your doctor assesses your vision and determines which types of IOLs would best achieve your vision goals, we will discuss pricing for the various options. Your vision. Your decision. You ultimately make the decision on how you want to proceed. All of our providers, including the anesthetist, accept Medicare, thereby reducing your out-of-pocket expense.

### CATARACT SURGERY FINANCING

The financing options for vision correction have never been better. We offer 0% interest financing for up to 12 months through CareCredit®. With our options, you can get better vision now rather than waiting until you've saved up the money. Our team is ready to help you navigate the financing process.





## ABOUT US

Hundreds of thousands of people have chosen Visionary Eye Doctors for their vision care needs since our founding in 1997. Since the first day opening our doors, we have been a practice built on the foundation of the Golden Rule. Every patient is treated with the utmost respect and compassion from every member of our team – exactly how we would like to be treated. Nothing is more important to us than your eye health, overall health and well-being. We will never recommend cataract surgery or advanced lens options unless we truly feel it will benefit your quality of life.

When you come in for a cataract consultation, you will experience first-hand our level of commitment:

- **Experience:** Our doctors have over 100 years of experience collectively and have performed over 30,000 cataract surgeries. Our doctors and technical staff members actively participate in ongoing education to refine their skills and expand their knowledge base.
- **Technology:** Not every cataract surgery center offers laser cataract surgery with the CATALYS® laser and ORA technology. Our team has researched these technologies indepth and found them to be a safe and effective method for cataract removal for most patients. Technology is always changing and our team is at the forefront of implementing these new options.
- **Personal Attention:** We understand that many of our patients come to us with worries about their declining vision. It is our job to put your mind at ease and make you feel at home in our office. Our entire team extends friendly and compassionate care to all of our patients.

## ABOUT US

- **Integrated Surgeries:** Cataract patients often have other vision or medical issues such as astigmatism, glaucoma, diabetes or previous surgeries. Our team works together to ensure that complex conditions are carefully evaluated prior to any cataract procedure.
- **Multicultural Practice:** We have the ability to speak in 7 languages: English, Spanish, French, Creole, Arabic, Farsi and Tagalong. Additional translators are available for other languages.

## OUR CATARACT SURGICAL SPECIALISTS

- **J. Alberto Martinez, MD**
- **Fritz Allen, MD**
- **Sandra Lora Cremers, MD, FACS**
- **Robert Kaufman, MD**
- **Andrew Hammer, MD**
- **Daniel Sarezky, MD**



## OUR SERVICES

---

- **Cataract surgery and Intraocular Lens Implantation (IOLs)**
- **Pterygium and Pinguecula Removal**
- **LASIK vision correction**
- **Treatment of corneal diseases**
- **Glaucoma management**
- **Macular degeneration**
- **Diabetic eye care**
- **Retinal disease management**
- **Dry eye treatment**
- **Routine eye exams**
- **Corneal Cross Linking**
- **Myopia Control**
- **Specialty Contact Lenses**



Visionary  
Eye Doctors

*Advanced technology with a loving touch*

**SCHEDULE A CATARACT  
CONSULTATION TODAY**

**(301) 945.7908**

**WWW.VOEYEDR.COM**

## LOCATIONS

### ONE CENTRAL PLAZA

11300 Rockville Pike, Suite 1202  
Rockville, MD 20852

### VAN NESS CENTER

4301 Connecticut Ave., NW, Suite 125  
Washington, DC 20008

### DAMASCUS

26135 Ridge Rd.  
Damascus, MD 20872