

CATARACT SURGERY STEPS/DATES - Dr's Crichton and Ford

Consent Video available on our website: www.glaucomacalgary.com

Questions: Call our office surgery Line at 403 245-3730, ext 2

1. ASCAN (1 to 12 months prior to Surgery):

This is a measurement of your eye needed to determine the type and power of the artificial lens that will be placed in your eye at surgery.

WHERE: Dr. Crichton and Ford's office: #102, 49 Richard Way SW, Calgary, AB

WHEN: MMM-DD-YYYY @

takes about 45 min, no dilation, a family member is welcome to join you to listen to discussion/options

1 WEEK PRIOR TO ASCAN: begin instilling artificial tears (eg. Refresh, Systane, Theoloz) 4 times per day in both eyes (continue any other drops already taking); please do not instill any drops 1 hour before exam.

- ◆ Artificial tears are available over the counter or alternatively, you can purchase a surgical bag from our office which contains preservative-free Theoloz-Duo drops as well as surgical tape and sunglasses.

- ◆ If you wear CONTACT LENSES, soft contacts must be removed 1 week prior, Rigid Gas Permeable contacts must be removed 2-3 weeks prior to the ASCAN.

MEDICAL FORM: This form is for YOU to complete IN FULL and return at AScan; please ensure you have seen your family doctor within the year prior to surgery. If you are having any health changes within the 3 months prior to your surgery date or a glaucoma surgery is added to your cataract surgery, please call our office to discuss as a more detailed medical exam may be needed by your family doctor.

- ◆ Please bring a translator if needed.

2. SURGERY (time is tentative and may need to change):

. **EYE:** MMM-DD-YYYY Arrival Time:

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WHERE: Holy Cross Surgical Services: Room 101, 2210 2nd ST SW, Calgary, Alberta

(see enclosed street and building maps), pay parking is available

- ◆ Nothing to eat after midnight the night prior (or a minimum of 8 hours), clear fluids permitted up to 3-6 hours prior.

- ◆ HOW LONG? You will be at the surgery center for approximately 1.5 to 2.5 hours

- ◆ **BRING current picture ID and your Alberta health care card**

FEES? IF you chose a specialized lens or do not have Alberta HealthCare, you must prepay part of the lens fee at our office and the balance at the surgery center on the day of surgery; you may pay with

- ◆ Debit/VISA/Mastercard although there is a small percentage added at the surgery center for credit cards (AHC pays for surgery with standard lens)

- ◆ **Somebody else must drive you home from surgery; taxi is acceptable if no other option and no sedation is given, you are not legal to drive for a minimum of 24 hours**

3. AFTER SURGERY Follow up appointments:

Will be booked automatically at our office closer to your surgery date, although you may choose to arrange with your local optometrist if preferred.

1 DAY after surgery:

@

~2-3weeks after surgery:

@

ASCAN/CATARACT DISCUSSION HIGHLIGHTS

PLEASE LISTEN TO THE VIDEOS ON OUR WEBSITE IF POSSIBLE

www.glaucomacalgary.com

CATARACT SURGERY:

A cataract is a clouding of the natural lens of your eye. Cataract surgery breaks up your natural lens (cataract) using a blade, ultrasound and fluid (not laser). This lens is then replaced with an implanted, artificial lens (IOL). The type/power of the IOL depends on the A-Scan measurements and your preferred outcome.

RISKS OF SURGERY:

There is approximately a 1% risk factor associated with cataract surgery, with the majority of the potential risks being treatable. Risks include but are not limited to; unexpected visual outcome requiring full-time use of glasses, inflammation, corneal irritation, increased light sensitivity, infection, retinal detachment, additional surgery needed and blindness. Some risks occur several weeks after surgery so please discuss with staff if you have any travel plans within 6 weeks after surgery. Advise staff if you have ever taken Flomax/Hytrin/Avodart or Risperdal/Invega medications OR if you have ever had eye surgery before.

LENS (IOL) RANGE TARGETS:

A. Distance Target:

Aims to eliminate distance glasses. Glasses will be required for any near activities within arm's length (ie. reading, looking at watch or in mirror, cutting fingernails), over the counter reading glasses are often helpful

B. Near Target:

Aims to eliminate reading glasses. Glasses will be required for any activities beyond arm's length (ie. driving, tv). This scenario is typically for people who currently remove distance glasses to read (and wish to keep this scenario)

C. Intermediate Target:

helpful for reading larger print at arm's length, computer monitors, etc but will likely need glasses for sharp distance vision (driving, reading guide on TV) as well as for detailed near work (ie. reading, looking at watch)

LENS (IOL) OPTIONS AVAILABLE:

(ANY FEES TO BE PAID PRIOR TO SURGERY, divided between office and surgery center)

1. "Standard"/Monofocal IOL:

This lens is paid by Alberta Health Care, it corrects one range only (see options above) and does not correct for astigmatism (part of your prescription). If you have significant astigmatism, you will still require glasses at all ranges to correct this.

2. Toric IOL: cost ~\$1,200.00 per eye

This lens aims to correct one range only (see options above) but also corrects astigmatism.

3. Extended Vision or Trifocal IOL: cost: ~\$2,300.00-\$2,500.00 per eye.

These lenses are newer technology and are designed to limit the need for glasses. A trifocal lens is likely to provide better uncorrected near vision but does have an increased risk of decreased quality of vision, particularly at night, with halos/glare around lights. An extended range lens does not provide as good near vision (will likely still need reading glasses for finer print) but does not have the increased risks of glare and halos.

NOTE: Individual healing responses vary, and we cannot guarantee the exact outcome of your surgery or requirement for glasses regardless of your lens choice

PRE-SURGERY MEDICAL INFORMATION

PLEASE COMPLETE IN FULL

RETURN AT LEAST 1 MONTH BEFORE SURGERY OR AT ASCAN

DR. A. CRICHTON and DR. B FORD

Please complete the following information and bring/mail/fax to our office:

#102, 49 Richard Way, Calgary, AB, T3E 7M8 Attn: Surgery Department. (OR FAX TO 403-245-1058)

Patient's Name: _____ Date of Birth: _____

Date of Surgery: MMM-DD-YYYY

Height: _____

Weight: _____

Allergies: _____

Approx date of last health check-up? _____

Name and Phone number of Family Doctor: _____

(Please book a routine health exam if you have not seen a doctor within the past 6-12 months)

1) Do you take any medications? YES NO

a) if YES, please attach pharmacy generated list or write down names and dosages

b) If you are on bloodthinners requiring bloodwork/INR, please have done 1 week prior to surgery

2) Have you ever been told you have/may have diabetes? YES NO

a) Any changes within the last 2 months? YES NO

b) Are your blood sugars well controlled? YES NO

c) Average Blood Sugar reading (if _____)

3) Have you ever been told you have high blood pressure? YES NO

a) Any changes within the last 2 months? YES NO

b) Last Blood Pressure (if Known)? _____ / _____

4) Do you have any difficulties breathing? YES NO

a) Diagnosis? COPD ASTHMA SLEEP APNEA OTHER _____

b) Any changes within the last 2 months? YES NO

c) Do you require supplemental Oxygen? YES NO

5) Have you ever had or been told of heart problems? YES NO

a) Diagnosis? ATRIAL FIBRILATION ANGINA CONGESTIVE HEART FAILURE OTHER _____

b) Any history of heart attack? If yes, WHEN? _____

c) Any history of heart surgery? If yes, WHEN? _____

d) Do you have a pacemaker? YES NO

6) Can you lie flat for 15 to 20 minutes? YES NO

7) Do you suffer from diagnosed Anxiety or Claustrophobia? YES NO

8) Anything else you feel we should know your health? _____

I confirm that the above is true to the best of my knowledge:

(print name)

(signature)

(date)

Medications for Cataract Surgery

You will require antibiotic and anti-inflammatory medications for your cataract surgery but there may be two options for how these are administered (you will be advised if you are not a candidate for the "dropless" option). The main risks associated with each option are listed below. Please initial next to your preferred option.

Eye Drops:

Our drop protocol includes two different anti-inflammatory drops and one antibiotic drop for varying times per medication, the longest of which is 4 weeks. Without any private health plans, these drops typically cost around \$130.00. Associated risks or side effects of this option include:

- Redness and/or Irritation (artificial tears may help)
- Increased dryness (artificial tears may help)
- Allergy (may need to switch to different medication)
- Spike in eye pressure (may require additional and/or a change in medications)
- Forgetting and/or difficulty in instilling eye drops

Dropless:

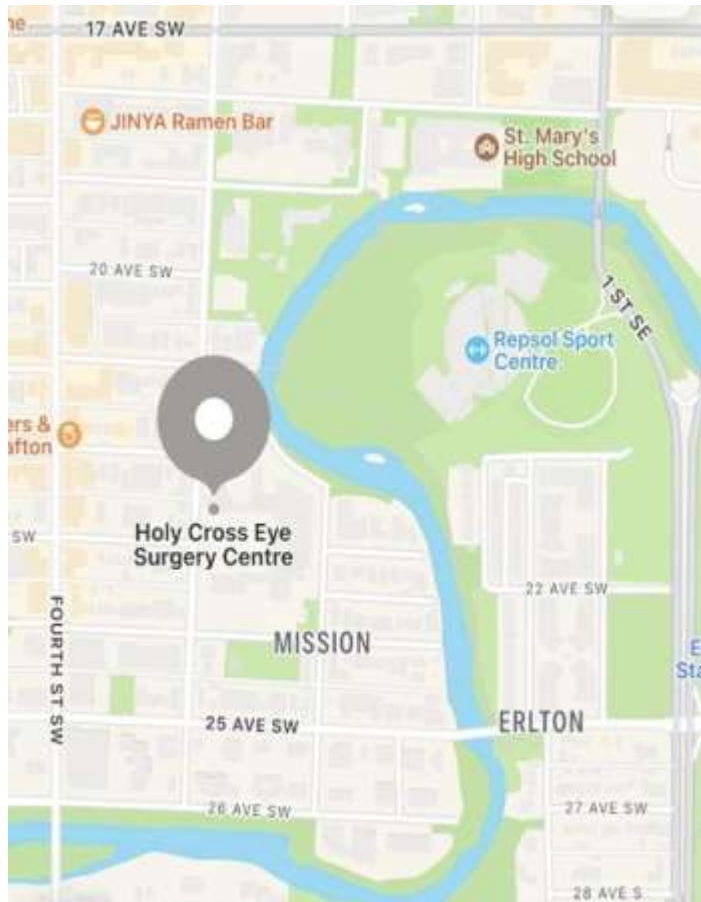
This method has been shown to be similar to medicated drop instillation for preventing infection and inflammation following surgery. Rather than you instilling any surgery drops, your surgeon will inject both antibiotic and anti-inflammatory medications directly into your eye at the end of surgery. These medications are paid for by Alberta Health Care. Associated risk or side effects of this option include:

- Pain or discomfort at time of injections (most patients describe a mild pinch)
- Subconjunctival Hemorrhage at injection site (a red area on the white of your eye, will fade over 1-2 weeks)
- Increased dryness (typically improves with increased use of artificial tears over 1-14 days)
- Spike in eye pressure (may require additional medicated eye drops)
- Globe perforation (extremely rare, but could lead to vision loss)

Patient Name: Kara. (test) Test

Patient Signature: _____

HOLY CROSS SURGICAL CENTER



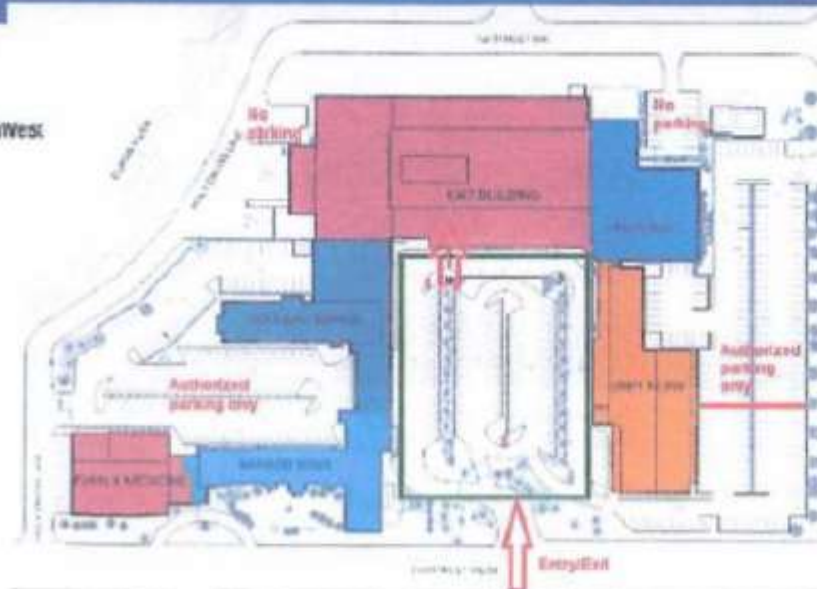
Holy Cross Surgical Services is located at:

Room 101-2210 2nd ST SW,
Calgary, Alberta
T2S 3C3

Paid parking is available.

Overall Site Plan

Our address:
2210 2nd Street SouthWest
Suite: 101



Holy Cross Surgical Services Patient Parking

Patient parking is marked by the grass

1. Enter off of 2nd Street by the crosswalk signals
2. Park in vacant stall
3. Parking fees apply; payable at any of four meters onsite
4. Enter at the Main entrance (Marked by the red "1") located to the right of the pharmacy.
5. The entrance is to the right after the full entrance vestibule.
6. Use the intercom to identify yourself with reception. Once identified, reception will open the door for you.



Frequently Asked Questions - Please Read Carefully

1. Do I take all my general health and eye medications before surgery?

A. Yes, take anything as you normally would, including any glaucoma and surgery eye drops, with the following exception:

- any medications recommended to take with food, such as Diamox or diabetic medications

2. Do I continue to take my blood thinner?

A. Continue any bloodthinners as you normally would (ensure staff are) with the following exceptions:

- If you take Coumadin/Warfarin, you should have your INR checked approx 1-2 weeks prior to surgery.

- NO BLOOD THINNERS ARE PERMITTED WITH GATT SURGERY. Discuss with staff if you are on bloodthinners and booked for a GATT surgery.

3. Can I eat and drink before surgery?

A. It is recommended to drink 3 cups of fluid (NO ALCOHOL) the evening prior. DO NOT EAT anything after midnight the night before surgery (Including gum/candies)

- You can drink up to 1 cup of CLEAR fluid (water, apple juice, sports drink, BLACK tea or coffee without sweeteners) up to 4-6 hours then nothing (6 hours for regional anesthetic, ie. needle or sedation).

4. What if I get sick before surgery?

A. You should contact the office (403-245-3730) immediately if you have an uncontrollable or new cough, fever, vomiting, possible eye infection, or sudden health changes.

5. Can I drive after surgery?

A. You are not allowed to drive yourself for 24 hours after surgery. It is preferred that a friend/family member drive you home after surgery.

- a taxi is permitted pending the type of freezing used and if no sedation is taken (ask staff for clarification.

- Public transit or walking by yourself is NOT permitted.

- You may ask a staff member at your follow up appointment if you are legal to drive or if you need to update your drivers license.

6. What can I expect on the day of surgery?

Ensure to wear loose-fitting clothing, nothing tight or restricting. Do not wear make-up or jewelry. Contact lenses will need to be removed

1. Check-in at Surgery Center Reception:

- you will need your current PICTURE ID and HEALTHCARE CARD You may need to sign a consent form for surgery

- Your driver may wait in the waiting room or return to pick up after surgery (~2hrs)

2. Anesthetist:

- The anesthetist will offer a mild sedative if you prefer and ONLY if you have someone who can be with you for the remainder to the day

- He/She will discuss your health, monitor your blood pressure and instill drops to "freeze" and dilate your eye.

- Rarely a needle is required to freeze your eye, this will be discussed with you prior to surgery if needed.

3. Surgery Room:

- You will need to lie down on the surgery table. The nurses will make you as comfortable as possible with know or neck support

- A drape will be placed over you leaving only your surgery eye exposed

- you will need to listen to instructions regarding where to look. If needed, a translator may accompany you in the surgery suite.

- the surgery will take about 15 minutes and is generally painless.

- a clear shield will be given to you to tape over the eye before sleeping for the first 1-2 weeks.

4. Recovery Room:

The nurse will take you back to the waiting room and ensure you are stable and comfortable prior to allowing you to go home.

7. Are there restrictions after surgery?

Immediately after surgery:

- You should rest quietly the day of surgery.
- If you leave the surgery center with a patch over your surgery eye, you may remove the shield (discard the gauze) the morning after surgery. You should keep the shield and purchase some medical tape to tape it back over your eye without gauze whenever sleeping for the first 1-2 weeks. If your skin is sensitive to tape, you may use elastic to make a "pirate patch" instead but this is not typically as secure.

1-2 weeks after surgery:

- For the first TWO WEEKS after surgery you should avoid rubbing your eye and any pools/hot tubs and dirty/dusty environments.
- You should avoid bending, lifting over 10lbs, straining or potentially strenuous activities including any sports.
- Try to avoid squeezing or closing eyes tightly.
- You may wash your hair after a few days but try to keep your head back for the first week when showering to minimize water/soap getting in eyes; do not squeeze your eyes shut.
- Sunglasses are recommended outside
- You should avoid wearing any eye makeup or having creams/lotions near eyes for one week after surgery.

8. What should I expect after surgery?

A. Your eye may be somewhat irritated the first 24 hours after surgery, however, extreme pain is not expected.

- Instilling artificial tears may help any mild irritation/itching.

Vision is often functional for the targeted range 24-48 hours after surgery (unless you also have a glaucoma surgery) however do not be alarmed if it is not as there are many factors involved in healing.

- Although your glasses will no longer be correct, you can continue to wear them if they help or you can have your optician remove the lens from in front of your surgery eye (this may not work well if you still have a high prescription in the other eye)
- Over the counter reading glasses may help with near work initially; it is recommended to wait about 5-6 weeks after surgery before updating glasses.

9. Can I travel after surgery?

A. Extended/international travel is not advised for the first six weeks after surgery (discuss with staff if you do have travel plans, travel insurance may be affected by surgery)

10. Are there any tips for instilling drops?

A. It is generally best to pull your lower lid down to form a "pouch", look up and instill one drop. Some people find it easier to lie down and look up.

- Be careful not to touch the tip of the bottle to your lid/lashes.
- ALWAYS WAIT 5 MINUTES BETWEEN DROPS
- Drops that are to be used multiple times a day need to be spaced out throughout the day.
- If you were using glaucoma drops before surgery, these should be continued.
- It is common for drops to sting for ~1 minute after instilling
- There are refill on your prescription for surgery drops

11. What if I still have questions?

A. You may call our office at 403-245-3730 ext 2 or 0, we will do our best to return any messages within 24 hours.

****Call IMMEDIATELY if there is a sudden drop in vision, severe pain or discharge or if you think you are noticing flashes of light or a large amount of floaters.****

If not during office hours, you may call Healthlink at 811, see your optometrist or go to the Rockyview Hospital Emergency