

Alcon

TAKE CONTROL OF YOUR VISION OF YOUR VISION UNDERSTANDING EYE CONDITIONS

FACTS ABOUT CATARACTS

94 million people worldwide live with visual impairment due to cataracts. Cataracts are a buildup of proteins within the lens of the eye, which develop gradually as our eyes get older¹.

Signs and symptoms of cataracts include:2



Clouded, blurred, or dim vision



Increasing difficulty with vision at night



Sensitivity to light



Difficulty reading



Frequent changing of glasses prescription



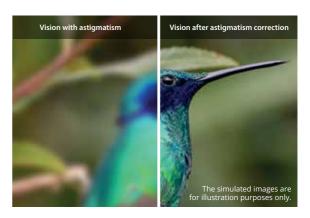
Fading of colors



Double vision in a single eye

UNDERSTANDING ASTIGMATISM

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 surgery, you may still need to wear glasses after the procedure.



CLARIFYING PRESBYOPIA

Presbyopia causes you to lose the ability to focus on nearby objects. It's the 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.

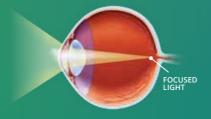


SEE LIFE DIFFERENTLY

GET CLEAR ABOUT CATARACTS

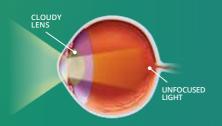
Cataract surgery is one of the most common and most effective procedures performed today.² It's an opportunity to correct cataracts as well as other eye conditions, such as astigmatism and presbyopia. And the procedure can have a transformative impact on your vision, which may affect many other areas of your health and your happiness.³

HEALTHY EYE



VS

EYE WITH CATARACT



CATARACT SURGERY AT A GLANCE



CATARACT REMOVAL

Through a tiny incision, the surgeon removes your clouded lens.



LENS INSERTION

The surgeon replaces your original lens with a new, artificial lens.



VISION RENEWED

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



MOVING FORWARD

1 YEAR

GET SET: Day of Surgery

The procedure requires home the same day.

a topical anesthetic with a tiny incision. You will recover at

You'll have a followup appointment the first or second day after surgery, and you may find you have good vision within a few days of surgery. You may notice some glare with bright lights or halos around lights at night. These will become less noticeable over time.4

1-2 DAYS After Surgery

1-3 WEEKS After Surgery

Once your vision has stabilised after the surgery, depending on your lens, you may be able to more easily enjoy activities like reading, ordering from menus, and doing your makeup or shaving without having to reach for your glasses all the time.5

GET READY: Before Surgery

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

SEE: Life After **Cataract Surgery**

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

1YEAR After Surgery

Your vision shouldn't change at this point, but you should visit your eye doctor at least once every 2 vears.6

KNOW YOUR OPTIONS YOUR VISION YOUR CHOICE



MONOFOCAL LENS

A monofocal lens is a basic cataract replacement lens that helps reduce the need for glasses at far distances. And while you may be able to see with clarity far away, you will likely still need glasses to see up close and at arm's length.^{5,8}

Depending on the lens you choose, cataract surgery can improve your vision to make it easier for you to do the things you enjoy, like reading, traveling and hiking.

PRESBYOPIA-CORRECTING LENSES

Presbyopia-correcting lenses help reduce the need for glasses at all distances.⁵ The options for presbyopia lenses include:

AcrySof IQ Vivity® (Extended vision lenses)

They provide clear vision far away and at arm's length, as well as functional near vision.8 You may find that detailed tasks (such as reading fine print), can be further optimised by wearing glasses.

AcrySof® IQ PanOptix® (Trifocal lenses)

You'll be able to see far away, at arm's length, and up close.⁷ Visual disturbances such as halos and glare at night might occur after surgery, but usually overtime these symptoms become less prominent.

	Monofocal lens	Vivity® (Extended vision lens)	PanOptix® (Trifocal lens)
Distance vision	✓	✓	✓
Intermediate vision (66cm)	60	✓	✓
Near vision (40cm)	60	60	✓
Minimal halos and glare	=		
Astigmatism correction	✓	✓	✓

Patients usually require glasses to see clearly at this distance

- ✓ Patients usually do not require glasses to see clearly at this distance
- * Some PanOptix® patients can experience visual disturbances such as a halo around bright lights

SEE SIMPLY WITH MINIMUM DISTURBANCES

The **AcrySof IQ Vivity**[®] lens enables you to see the way you want without hassles.⁸

Approach your night time activities (like driving) with more certainty – and with minimal visual disturbances.⁸

92% of **AcrySof IQ Vivity**® patients reported good or very good vision at arm's length without glasses in bright light.^{1,10,†}

SEE **FREELY** WITH WITH LESS GLASSES RELIANCE

The **AcrySof® IQ PanOptix®** lens helps you see life your way with clear vision far away, at arm's length, and up close with reduced dependence on glasses.

96% of **AcrySof® IQ PanOptix®** patients reported complete independence from spectacles.^{11,§}

99% of patients with the PanOptix® lens would choose the same lens again.^{5,¥}

§ Based on feedback from 20 patients after bilateral implantation of the PanOptix IOL. ¥ In a clinical study of 129 patients with the PanOptix® Lens.

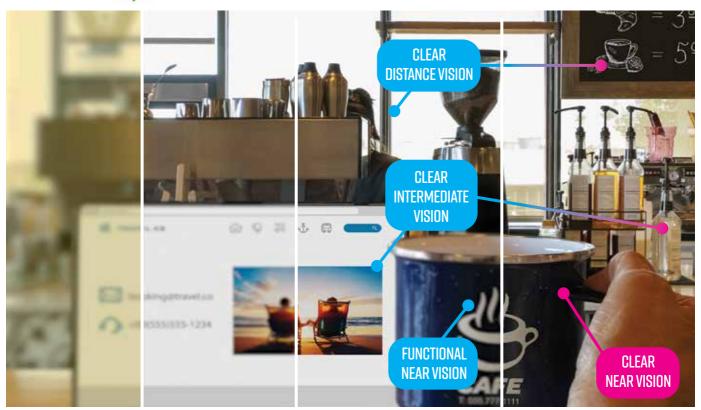
[†] Results from a prospective, randomized, parallel group, subject-and-assessor-masked, multisite trial of 107 subjects bilaterally implanted with the AcrySof IQ Vivity® IOL and 113 with the AcrySof® IQ IOL with 6 months' follow-up.

BRIGHTER VIEW BRIGHTER YOU

Compare the images below to discover

which IOL option is right for you!





CATARACTS

Cloudy

MONOFOCAL LENS

Clear distance vision only⁸

ACRYSOF IQ VIVITY® IOL

Clear distance, clear intermediate and functional near vision⁸

ACRYSOF® IO PANOPTIX® IOL

Clear distance, clear intermediate and excellent near vision⁷

BRIGHTER VIEW BRIGHTER YOU

Compare the images below to discover

which IOL option is right for you!











CATARACTS *Cloudy*

MONOFOCAL LENS

Clear distance vision only⁸

ACRYSOF IQ VIVITY® IOL

Clear distance, clear intermediate and functional near vision⁸

ACRYSOF® 10 PANOPTIX® 10L

Clear distance, clear intermediate and excellent near vision⁷



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 SURGERY

- · 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 surgery?

YOUR OPTIONS

- Which intraocular lens do you recommend for me?
- Can I be suitable for a lens that reduces my dependence on glasses?
- Will my lens correct my astigmatism?

LIFE AFTER CATARACT SURGERY

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



Cataract surgery is a once-in-a-lifetime opportunity that affects your every day. While cataract replacement lenses vary in price, choosing an advanced-technology lens is a wise investment for the additional benefits they provide.

FIND OUT MORE

Ask your doctor about the full suite of Alcon® cataract replacement lens offerings.

FREQUENTLY ASKED QUESTIONS

- How long does cataract surgery take?
- A Cataract surgery is an outpatient procedure that is usually completed within 10 to 20 minutes. 12
- How long does it take to recover from cataract surgery?
- A Recovery time is based 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.
- Can I drive after cataract surgery?
- 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.

- Can I fly after cataract surgery?
- 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.
- O Can I exercise after cataract surgery?
- A Generally, you should avoid strenuous activities for a few weeks after cataract surgery.

 Talk to your doctor if you have questions about certain activities.
- How long do cataract replacement lenses last?
- A IOLs are very durable and usually last a lifetime. 13 The lens you choose will make a big difference in your vision after surgery. By investing in your vision, you're investing in your future.

Please refer to relevant product Directions For Use for complete list of indications, contraindications and warnings: https://ifu.alcon.com

- Blindness and vision impairment: Refractive errors. World Health Organization. https://www.who.int/newsroom/q-a-detail/what-is-a-refractive-error. Accessed June 30, 2021.
- Cataracts. Mayo Clinic website. https://www.mayoclinic.org/diseasesconditionals/cataracts/symptoms-causes/syc-20353790. Updated June 23, 2018. Accessed April 16, 2019.
- Cataracts. National Eye Institute website. https://www.nei.nih.gov/ learn-abouteye-health/eye-conditions-and-diseases/cataracts. Updated August 3, 2019. Accessed July 26, 2021.
- 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.
- Modi S, et al. Visual and Patient-reported outcomes of a diffractive trifocal Intraocular lens compared with those of a monofocal intraocular lens. Ophthalmology. 2021 Feb;128(2):197-207.
- General Optical Council (2016). Standards of Practice for Optometrists and Dispensing Opticians para 7.6. Accessed 18 Nov 2020.
- 7. AcrySof® IQ PanOptix® IOL Directions For Use.
- 8. AcrySof IQ Vivity® Extended Vision IOL Directions For Use.
- Alcon flagship AcrySof intraocular lens reaches 100 million implants and counting [news release]. Fort Worth, TX: Alcon Laboratories, Inc; Sept. 29, 2017. https://www.alcon.com/media-release/alcon-flagshipacrysofr-intraocular-lensreaches-100-million-implants-and-counting. Accessed March 18, 2019.
- 10. Alcon Data on File, TDOC-0055576. 23 Jul 2019.
- Böhm M, Petermann K, Hemkeppler E, Kohnen T. Defocus curves of 4 presbyopia-correcting IOL designs: diffractive panfocal, diffractive trifocal, segmental refractive, and extended-depth-of-focus. J Cataract Refract Surg. 2019;45(11):1625-1636. doi:10.1016/j.jcrs.2019.07.014
- Haddrill M. Cataract surgery recovery: 8 tips to minimize recovery time. All About Vision website. https://www.allaboutvision.com/ conditions/cataract-surgeryrecovery. htm. Updated Oct. 2016. Accessed April 16, 2019.
- Khan, Amir R. Cataract surgery: Will my vision deteriorate after cataract surgery? https://www.mayoclinic.org/tests-procedures/ cataract-surgery/expert-answers/cataract-surgery/faq-20058200. Updated February 19, 2020. Accessed July 26, 2021.

