

# Cataract Surgery

## Understanding Your Options



NORTHWEST EYE SURGEONS



# Our Practice | Our Vision:

*Improving the quality of people's lives*

Thank you for trusting your eye care to Northwest Eye Surgeons. We want to work with you to achieve your best vision because the quality of your vision affects the quality of your life. Since 1986, we've personalized patient care with valued physician partnerships in a warm patient-centered environment. We ensure the highest quality care through effective patient communication, collaborative co-management, experienced physicians and advanced technology.



NORTHWEST EYE SURGEONS









Aaron Kuzin, MD



### Partnering for Your Care

We believe that when you are stable following your surgery, your care can be co-managed by your family eye doctor, if you choose to do so, in partnership with our team of experts. This practice is called co-management and is widely used in other medical and surgical specialties.

Co-management is recognized by the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, American Academy of Optometry and American Optometric Association, as acceptable care in specific circumstances. All agree that co-management, in an atmosphere of mutual trust, shared learning and constant communication, can be the most successful way to optimize patient care.

### Trusted Expertise

Our staff includes specialized ophthalmic surgeons and optometric physicians who are board-certified and fellowship-trained. Our physicians are skilled in the most current techniques and have clinical and surgical experience in a wide range of ophthalmic surgical services.

### Advanced Technology

We offer the most advanced technology available including femtosecond laser-assisted cataract surgery (FLACS) and lens implants for precise vision correction used for refractive cataract surgery. In addition, we also offer SMILE advanced laser vision correction and LASIK refractive procedures.

### Convenient Access

Northwest Eye Surgeons provides full-spectrum medical surgical eye care for infants to adults and specializes in cataract, cornea, glaucoma, pediatric, refractive, strabismus, eyelid surgery, oculofacial plastics, and retina services. We have 6 clinics and 4 outpatient surgery centers conveniently located throughout the greater Puget Sound area.

## Excellence Every Time

You deserve an excellent experience, every time. Whether it's improving steps to monitor results or answering your questions after a procedure, your physician team is committed to responding to your needs.



## Our Mission:

Northwest Eye Surgeons is a premier ophthalmic referral practice in the Northwest, providing the most technologically advanced medical and surgical care in a warm, patient-centered environment.

## Your Physician Team Experience

Dedicated to Providing the Best Care

### Physician Teams

We take a team approach to care. This approach to your care maximizes your team's experience, strengths and skills to provide you with expert treatment. Our surgical teams consist of nationally recognized ophthalmic surgeons (MD), optometric physicians (OD), nurses, technicians and support staff that collaborate with you and your family eye doctor to correct your vision.

### What to Expect at Your Consultation

At your consultation, you will meet your physician team and depending on the type of condition or procedure, your visit may include meeting directly with the eye surgeon or members of the optometric team for evaluation, testing, or measurements. Our physician teams will be able to answer your questions to ensure you are comfortable with your vision correction plan.

### What to Expect on Surgery Day

Surgical procedures are scheduled on a separate day following a consultation with your surgeon. When you arrive, please check in at the surgery front desk. A surgery coordinator will greet you and review patient consent forms required for surgery. Please leave valuables at home. Wear loose, comfortable clothing. If you are prescribed eyedrops, please bring them with you on the day of surgery for review.

After you check in, your team will review your health history, make any other assessments needed, and start an IV. Your eye will be numbed and you may be given a sedative to help you relax, and then we'll move you to the operating room. The cataract surgery procedure usually lasts 15 minutes but may take longer depending on your specific procedure.

After surgery, you will wait in the recovery area until you are stable. You must pre-arrange for someone to take you home after surgery—you may not drive yourself home. To obtain the best outcomes, follow your postoperative instructions and return for your scheduled postoperative appointments.





Seattle Physician Teams: From left, Sarah Henderson, OD, Bruce D. Cameron, MD, Emily Bucher, OD, FAAO, Landon Jones, OD, FAAO

### Optometrist

Doctors of optometry are primary eye health care providers who examine, diagnose, treat and manage diseases and disorders of the eye, and also collaborate with ophthalmology to provide seamless comprehensive eye care.

### Ophthalmologist

A specialist surgeon and Medical Doctor (MD) in the branch of medicine concerned with the study of, and the medical and surgical treatment of disorders and diseases of the eye.

### What to Expect From Your Team: Pre- and Post-Op Care

Together, your Northwest Eye Surgeons physician team and your family eye doctor will consult on the best options for your care, before and after your surgery. We recommend you talk with your eye doctor as you consider options to correct your vision. Upon request, your family eye doctor will co-manage your care after surgery, including prescribing glasses if you need them. Our physicians focus on medical and surgical eye care and trust your family eye doctor to prescribe glasses if they are necessary. We can also manage your postoperative care as needed.

After your surgery, we send a summary report to your family eye doctor. After subsequent visits with your family eye doctor, he/she will also submit a detailed report to Northwest Eye Surgeons, so we can carefully follow your progress.

We're available for consultation at any time following your surgery. You can learn more about our physician teams of surgeons and optometrists at [nweyes.com](http://nweyes.com).

# Our Cataract Services

A cataract is a cloudiness that develops in the lens of your eye over time. Similar to how fog or dirt can accumulate on a window and limit the view through the glass, blurred vision from a cataract causes difficulty with reading small print, depth and color perception, and may cause glare or poor night vision. Cataracts are commonly age-related, however trauma, UV exposure, medications and medical conditions can all be leading factors which may cause cataracts.

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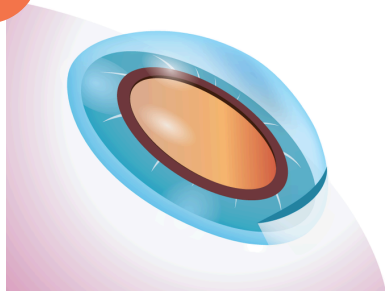
Symptoms of cataract may include:

- Blurred or cloudy vision
- Faded colors
- Headlights, lamps, or sunlight may cause glare or appear too bright
- Poor night vision
- Double vision or multiple images in one eye (this symptom may clear as the cataract gets larger)
- Blurry vision despite new eyeglasses or contact lenses

When a new eyeglass prescription does not provide sufficient clarity of vision, cataract surgery may be the effective solution. Your family eye doctor can help you make the right decision. If you choose cataract surgery, your physician team will carefully consider your current eyeglasses prescription and your lifestyle, to help give you the optimal visual outcome.

## Cataract Surgery

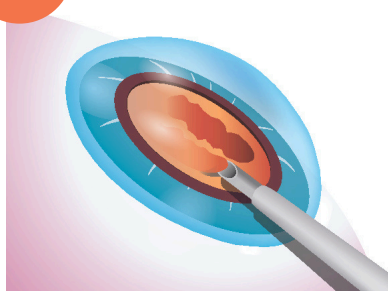
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### Step 1: Incision

To remove your cataract, your surgeon will make an incision in your cornea and lens capsule.

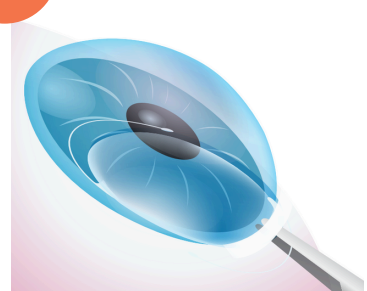
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### Step 2: Lens Removal

Your surgeon will break up the clouded lens with ultrasound technology, then remove through a tiny 1/8th inch incision.

3



### Step 3: Implantation

An artificial lens called an IOL, or intraocular lens, will then be implanted to replace the lens power and correct your vision.





## Benefits of Cataract Surgery

Cataract surgery replaces the cloudy lens and gives you clear vision for:

- More independence
- Confidence in everyday activities
- Safety
- Reduced falls
- Greater enjoyment of social activities, passions and hobbies



“After my surgery, what looked like looking through a dirty or smoke-colored glass, became crystal clear. It’s given me the best of both worlds—both the professional and the quality of life outside of work. I see clearly. I see 20/20. It’s amazing and you can’t put a price tag on that.”

*-Rosemarie, Vision Correction patient*

“Vivid colors are the most amazing to me. My husband and I travel a great deal, going to see interesting places and beautiful art. Now, I really see the world in all its brilliance! I also notice a big difference when driving or riding in a car. After surgery, I was more relaxed because I could actually see the road better.”

*-Diane, Vision Correction patient*


“I like to live on the edge, and a lot of things we like to do together demand good eyesight. I noticed a deterioration in my eyesight until finally, I couldn’t recognize the face of my own wife. I had cataract surgery with Vision Correction in both eyes and now I can see as well as I used to. I feel young. My eyes are perfect now.”

*-Steven, Vision Correction patient  
active rock climber, juggler and mountain biker*

# Cataract Surgery with Vision Correction: A Customized Solution to Fit Your Lifestyle

Using advanced technologies and all laser surgery, we offer Cataract Surgery with Vision Correction to complement your visual needs, accommodate your lifestyle, and reduce your need for glasses. Cataract Surgery with Vision Correction is a customized solution for you. No more “one-size-fits-all” cataract surgery.

Not all patients are candidates for Cataract Surgery with Vision Correction and only your surgeon can determine if Vision Correction is an appropriate solution for you. Cataract Surgery with Vision Correction includes additional surgical correction of vision to reduce dependence on glasses and is not covered by most insurance companies because it is not considered “medically necessary.” Insurance does cover a portion of standard cataract surgery to correct your vision enough to use glasses. Patients who choose Cataract Surgery with Vision Correction will need to pay an extra out-of-pocket cost, in addition to deductibles, copays or co-insurance costs.



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schedule!



# Cataract Surgery with Vision Correction Comparison

	Cataract Surgery with Vision Correction 3	Cataract Surgery with Vision Correction 2	Cataract Surgery with Vision Correction 1	Cataract Surgery without Vision Correction
How will my vision be impacted?	<p>Ability to fine tune vision after cataract surgery with UV light technology delivered by a Lighty Delivery Device (LDD), hence the name Light Adjustable Lens, LAL</p> <p>Corrects vision to one desired distance per eye - far (driving, etc.) or close vision for intermediate (computer, dashboard) or near (reading, phone)</p> <p>Corrects astigmatism (sharpens vision)</p>	<p>Corrects vision at multiple distances—far (driving, etc.) and close vision both intermediate (dashboard, computer, tablet) and near (reading, phone)</p> <p>Corrects astigmatism (sharpens vision)</p> <p>You'll see at multiple distances—far (distance, driving, etc.) and close (computer, dashboard, reading). Some patients cannot be corrected for reading and near detail</p>	<p>Corrects vision at one type of distance. Most people choose far vision (driving, etc.) and use glasses for close vision both intermediate (dashboard, computer, tablet) and near (reading, phone)</p> <p>Corrects astigmatism (sharpens vision)</p> <p>You'll see either far (distance, driving, etc.) or close (computer, dashboard, reading), but not both</p>	<p>Corrects vision with glasses. Glasses will be needed to see at all distances—far (driving, etc.), intermediate (dashboard, computer, tablet) and near (reading, phone)</p>
Will I still need to wear eyeglasses?	<p>Occasionally. Glasses may be needed for prolonged reading, small print, or fine detail. May also be needed for some other tasks when you need perfect vision</p>	<p>Occasionally. Glasses may be needed for prolonged reading, small print, or fine detail. May also be needed for some other tasks when you need perfect vision</p>	<p>Yes. You'll see at the distance you choose to correct, either far (driving) or near (reading, etc.), but not both</p> <p>Glasses will be needed for the vision you don't choose to correct, and possibly when you need perfect vision at the corrected distance</p>	<p>Yes, glasses will be needed for best vision at all distances</p>
What advanced technologies are used?	<p>Advanced mono-focal lenses and depth of focus lenses, precision measurements, astigmatism correction with laser or lens implants, and laser cataract technology</p> <p>Light adjusting lens with UV to reshape the IOL to ensure patient is reaching their best vision potential</p>	<p>Advanced multi-focal lenses and depth of focus lenses, precision measurements, astigmatism correction with laser or lens implants, and laser cataract technology</p>	<p>Advanced mono-focal single vision lenses, precision measurements, astigmatism correction with laser or lens implants, and laser cataract technology</p>	<p>Basic Lens implant</p> <p>Laser cataract surgery used in some cases when medically indicated. Laser will not correct vision in these cases</p>
What are the benefits?	<p>Advanced lenses and technology to customize vision to one desired distance</p> <p>Reduced dependence on glasses</p> <p>1 year satisfaction promise</p>	<p>Advanced lenses and technology to customize vision at multiple distances</p> <p>Reduced dependence on glasses</p> <p>1 year satisfaction promise</p>	<p>Advanced lenses and technology to customize vision at one distance</p> <p>Reduced dependence on glasses</p> <p>1 year satisfaction promise</p>	<p>Basic lens implants help vision to be restored with glasses at all distances</p>
Does insurance cover?	<p>Additional Vision Correction not covered by insurance</p> <p>HSA or FSA accepted</p> <p>Alphaeon Financing eligible</p>	<p>Additional Vision Correction not covered by insurance</p> <p>HSA or FSA accepted</p> <p>Alphaeon Financing eligible</p>	<p>Additional Vision Correction not covered by insurance</p> <p>HSA or FSA accepted</p> <p>Alphaeon Financing eligible</p>	<p>Covered by Insurance</p> <p>HSA or FSA accepted</p> <p>Alphaeon Financing eligible</p>



“The surgery was wonderful—it’s nothing to be afraid of. It doesn’t take much time. I have this new vision in my eyes and it’s like an awakening. I could see again like when I was a kid. I say that I was blind, and now I can see again, and that’s the truth. It’s the most wonderful thing that ever happened. It just opens a new world for you.”

*-Terry, Vision Correction patient*



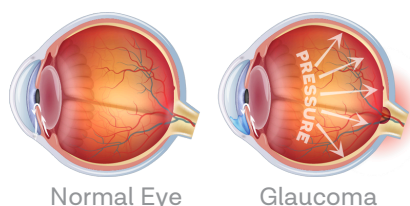


# Our Specialty Eye Services

In addition to cataract surgery, we offer full spectrum care, treatment and surgery in the following areas.

## Refractive Surgery

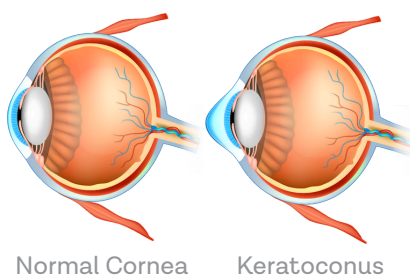
We provide the most advanced laser vision correction and refractive lens-based procedures to precisely correct and optimize your vision. Our laser vision correction offerings include SMILE (SMall Incision Lenticule Extraction), LASIK (Laser In Situ Keratomileusis), and PRK (Photorefractive Keratectomy). In addition, we offer lens-based refractive surgery with RLE (Refractive Lens Exchange) and ICL (Implantable Collamer Lens). RLE is a viable option to reduce dependence on glasses or contact lenses for patients who do not qualify for other forms of refractive surgery. This replaces the natural lens of the eye when cataracts are not present. Patients will need to pay additional out-of-pocket costs as these surgeries and advanced technology tools are considered elective.



## Glaucoma

Glaucoma is a condition that causes progressive damage to the optic nerve and can result in vision loss or blindness. Most commonly, pressure builds up in the eye and damages the optic nerve. Regular periodic examinations and specialized testing can detect glaucoma early, and is the only way to prevent irreversible loss of vision.

When glaucoma is diagnosed, our doctors analyze this information and work with you and your family eye doctor to determine the best course of treatment. Glaucoma may be controlled with eye drop medications to lower eye pressure, or with laser or surgical procedures. Our fellowship-trained glaucoma specialists perform the latest in MIGS (Minimally Invasive Glaucoma Surgery) and can customize treatment depending on the type and severity of glaucoma.



## Cornea

Damage to the cornea, the front surface of the eye, can occur at any age from injury, infection, aging or other health-related problems. This may cause pain, decrease vision or blindness. Our cornea fellowship-trained specialists are experts in medical and surgical treatment of corneal diseases such as keratoconus, Fuchs endothelial dystrophy, infections and traumatic injuries. We are the first in the Pacific Northwest to offer cornea collagen cross-linking and have performed more than 1,000 cross-linking procedures (KXL). As specialists in keratoconus treatment, we also offer intrastromal corneal ring implants

(INTACS) as well as new laser topography-guided PRK that can decrease astigmatism and improve vision following cross-linking. In addition, we perform the latest techniques in corneal transplantation, partial cornea replacement with DMEK, DSEK, DALK and full thickness standard and laser corneal transplants.

## Pediatrics and Strabismus

Our pediatric specialists work with children and their families on developmental eye problems, congenital cataracts, inherited diseases and infectious eye diseases. We take great care to involve the child's family in the assessment and treatment of the child's eye problem, and team with the child's physician and family eye doctor to ensure a positive outcome.

Strabismus is the misalignment of the eyes, with one eye focusing straight ahead and the other turning in, out, up or down, which can cause blurred or double vision. It is most common in children, but also occurs in adults. Your child's vision may improve with early diagnosis and proper treatment including exercise, eye drops, patching and glasses. If surgery is needed, our surgeon will work with you, your family eye doctor or family physician to maximize your child's safety and the procedure's effectiveness.



### Retina, Vitreous and Uveitis

Damage to the retina at the back of the eye is caused by disease, such as diabetes, illness, infection, injury or aging. Many blood vessels nourish the retina. When retinal vessels leak or become obstructed, vision can become blurry or lost completely. The vitreous is the gel-like fluid in the eye, which can also affect the retina as you age. Uveitis is the term for inflammation in the eye, and can pose a serious threat to vision, as well as cause painful, recurrent symptoms.

Our doctors will work with your eye care doctor and, using state-of-the-art diagnostics, determine the best course of treatment for your specific problem. Our skilled surgeons and staff are experienced in treating and managing all types of vitreo-retinal problems using medications, and laser and surgical methods.

### Eyelid Surgery and Facial Rejuvenation

In some cases, the structures of your eyelids can inhibit your vision. Performed on an outpatient basis, eyelid surgery can reduce excess skin and fat in the upper or lower eyelid, remove eyelid tumors, correct poor eyelid position or droop, or treat infections or injuries to the eyelid. We also offer other cosmetic procedures for facial rejuvenation, including injections to smooth fine facial wrinkles and improve the skin's appearance.

### Payment & Insurance

Northwest Eye Surgeons' facilities are Medicare certified and we are a provider for many commercial insurance carriers and managed care organizations. Often medical insurance covers eye surgery, while vision insurance just covers eyeglasses and general eye exams. We accept cash, check, VISA, MasterCard and Alphaeon Credit for payment. Healthcare Savings Accounts (HSA) and Flexible Savings Accounts (FSA) often can be used to pay for our services. Check with your payer for details.

Payment in full or insurance assignment is required prior to surgery. Please be prepared to fulfill any financial obligations on the day of your visit. We encourage you to contact your insurance provider to determine your coverage prior to your initial visit. Our insurance specialists are available to answer questions you may have. Please call 800.826.4631 for billing and insurance assistance.

*Thank you for your trust.*

We appreciate the opportunity to work together with you and your family eye doctor to help you achieve your best vision. We're available to answer your questions and honored by your trust. Please visit [nweyes.com](http://nweyes.com) to learn more about our physician teams and specific medical eye conditions.



*Thank you for choosing*



NORTHWEST EYE SURGEONS

*for your medical eye care.*

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**Seattle - Northgate**

332 NE Northgate Way (Level 2)  
Seattle, WA 98125

**Mount Vernon**

1306 Roosevelt Ave.  
Mount Vernon, WA 98273

**Sequim**

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Sequim, WA 98382

**Smokey Point**

16404 Smokey Point Blvd. Suite 303  
Arlington, WA 98223

**Renton**

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**Bellevue**

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Bellevue, WA 98006

**Whatcom Eye Surgeons Bellingham**

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