



Cataract Evaluation Appointment: What to Expect

Your doctor has requested that one of our ophthalmologists evaluate your cataracts. The purpose of your upcoming visit is for the surgeon to examine your eyes and determine whether surgery will help improve your vision. **This will require dilation (even if it was done recently by your optometrist) so the surgeon can identify any additional risk factors for your surgery. Your visit will take approximately two hours.** We will measure your eyes, the doctor will examine your eyes, and if surgery is indicated, the lens options available for surgery will be discussed. You will then meet with our surgical coordinator to schedule your surgery.

At Clarus, we make every effort to provide the most advanced surgical experience possible. In order to do this, we ask that you come prepared for your cataract evaluation. Prior to your appointment with our surgeon, we ask that you do the following:

1. Please **REVIEW YOUR CATARACT SURGERY OPTIONS** (available in our cataract brochure or on www.claruseye.com under 'Patient Resources') This information will help you and your surgeon decide what type of cataract surgery, and what type of lens implant is right for you.
 - If you would like us to mail you a copy of this information, please contact our office (360-456-3200) and we will do our best to get you one before your appointment.
2. Please **COMPLETE THE LIFESTYLE QUESTIONNAIRE** (included with our cataract brochure, on our website under 'patient resources', or we can mail a copy to you as well). This serves as a guideline for the discussion between you and your doctor about what lens to choose.
3. **NOTE: IF YOU WEAR CONTACT LENSES**, we ask that you discontinue wearing them prior to your visit as follows:
 - Soft Contact lenses - Please discontinue their use ONE WEEK prior to your visit
 - Gas Permeable lenses - Please discontinue their use TWO WEEKS prior to your visit
 - Your doctor may recommend a longer break from these lenses after evaluating your measurements
4. **NOTE: IF YOU HAVE DRY EYES**, please use artificial tears (No Visine) at least 4 times per day for 1 week prior to your consultation. This will improve the quality of the measurements that will be done.

Upon arrival at Clarus, we will begin with intricate measurements that will be used by your surgeon to:

- Evaluate how your cataracts affect your vision.
- Determine which lens options would benefit your specific needs.
- Calculate the power of the intraocular lens that will give you the best vision after surgery.

Following these measurements, your eyes will be dilated then you will meet with the surgeon for a thorough ocular examination. You will discuss the risks and benefits of surgery, along with the lens options that are available and appropriate for your vision needs. At the conclusion of your visit, we hope to have a lens selection made, but you are not required to make the decision that day. We ask only that if you are unable to choose a lens option that day, you have your choice made at least two weeks prior to surgery.

Finally, you will meet with our surgical coordinator, who will help choose a surgical date and complete paperwork for the surgery. She will also be able to help you understand your financial obligations for the surgery.

Hopefully the above information will take some of the mystery out of your upcoming visit. Remember, you will not be having surgery until after you have met with your surgeon to discuss your surgery and what lens option is best for you. Thank you and we look forward to meeting with you to discuss how we can help improve your vision!