

# CATARACT OPTIONS AND PACKAGES



our focus...your vision.

## WELCOME TO NORTH TORONTO EYE CARE

**Please read through to prepare you for your preoperative cataract assessment.**

Please take time to look through this package of information. As part of your assessment, you will be speaking with both a counsellor and surgeon. We will answer any questions you may have regarding your procedure. Most importantly we will walk you through the vast array of options now available to cataract patients.

**I have read the information in this package.**

Name: \_\_\_\_\_

Counsellor: \_\_\_\_\_

Date: \_\_\_\_\_

**YOUR SURGEON RECOMMENDS:** (Filled out by surgeon ONLY)

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### LENS CHOICE

#### RIGHT EYE

- Plan 0 Standard OHIP
- Plan 1 Aspheric
- Plan 2 Monofocal
- Plan 3 Refractive Monofocal
- Plan 4 Extended Range of Vision
- Plan 5 Full Range of Vision

#### LEFT EYE

- Plan 0 Standard OHIP
- Plan 1 Apheric
- Plan 2 Monofocal
- Plan 3 Refractive Monofocal
- Plan 4 Extended Range of Vision
- Plan 5 Full Range of Vision

## Understanding Your Eyes at NORTH TORONTO EYE CARE (NTEC)

Welcome to NTEC, where your eye health is our top priority. You have been diagnosed with cataracts. We understand that navigating cataract surgery options can be overwhelming, so we want to ensure you have **comprehensive information** to make informed decisions about your treatment.

We will walk you through your journey step by step:



As part of your initial consultation, we highly recommend proceeding with **ocular surface testing (OST)**, these are valuable tests that provide us with information on the state of your eyes for tailored recommendations for cataract surgery. Every eye is unique, and each cataract surgery is customized accordingly. The OST will reveal the state of tear quality, tear production, and the resulting contour of your ocular surface. Tailoring your cataract treatment plan based on OST allows for optimal surgical outcomes, increased comfort pre- and post- operatively, and faster healing.

The cost of OST is \$130 and is not covered by the Ontario Health Insurance Plan (OHIP). This fee covers the specialized equipment and techniques used to gather precise data for your eyes.

During your cataract assessment appointment, you will **meet with our team** of doctors and surgical counsellors. Here we confirm the presence of a cataract, explain how it is impacting your vision, discuss OST results, review with you the procedure for cataract surgery, and discuss your visual needs for a customized cataract surgery plan.

Once you are ready to proceed with your customized cataract surgery plan, our schedulers and coordinators will help book your surgeries at the appropriate facility of choice – Private surgical centre or Hospital surgical centres.

## Facility Options, Precision, and Personalization

At North Toronto Eye Care, we recognize the uniqueness of each patient and offer comprehensive facility options tailor to your specific needs and preferences.

### **Private Surgical Centre – Precision and Personalization with Additional Fees**

Our Private Surgical Centre is dedicated to providing an elevated surgical experience with a focus on precision and personalization. Specializing in refractive cataract surgery to reduce dependency on glasses, this facility features advanced technology including Femtosecond Laser. Femtosecond Laser assisted cataract surgery (FLACS) allows for precise and customized incisions, enhancing accuracy in lens fragmentation and potentially leading to improved visual outcomes.

While OHIP covers aspects of your evaluation and surgery, it's important to note that services beyond standard care, such as advanced diagnostics, upgraded lenses, and certain procedures may incur additional fees. Our team will provide you with a clear detailed breakdown during your consultation regarding extra costs.

For those considering surgery at our Private Surgical Centre, additional advanced diagnostics include Lenstar Biometry, iTrace Wavefront Aberrometry, Corneal Topography, Pentacam Corneal Tomography, Specular Microscopy, and Verion Reference Imaging.

### **Hospital Surgical Centres – Comprehensive Care with Standard OHIP Coverage**

While advanced technologies are exclusive to Private Surgery Centre, we still offer comprehensive care with cataract surgery options at the hospital. Diagnostics utilized includes Ocular Surface Testing (OST) and IOLMaster measurements. Please note that optional upgrades to standard OHIP covered surgery at the hospital are not covered and are extra costs, such as lens upgrades or diagnostics.

### **Financial Considerations:**

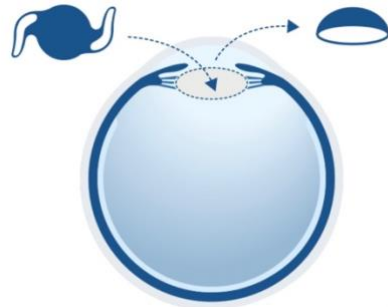
While some aspects of your evaluation and surgery are covered by OHIP, advanced diagnostics tests, upgraded lenses and additional services may incur extra costs. Our team will provide you with a detailed breakdown during your consultation for transparency and clarity.

We are committed to providing you with the highest quality of care and the most advanced technologies available. Regardless of whether you choose our Private Surgical Centre or a Hospital setting, your journey and outcome will be excellent! We are here to guide you through this complicated journey and help you achieve the best possible outcome.

## UNDERSTANDING CATARACT SURGERY

### WHAT IS A CATARACT?

A cataract is the clouding of the natural crystalline lens in the eye. It can be a small spot on your lens that causes daytime glare, or a yellowing of the lens that causes blur. Often, even if your vision is good, the cataract can reduce night contrast, reduce overall brightness and fade colors. Cataracts impact your ability to read, drive, work, and function.



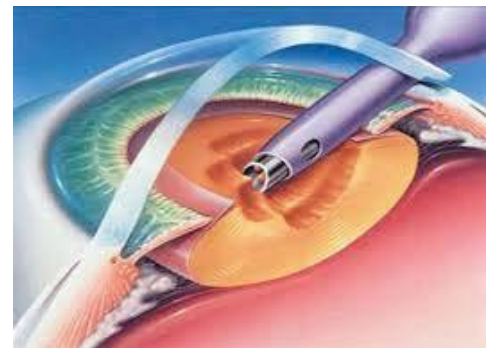
### WHEN SHOULD A CATARACT BE REMOVED?

When the cataract is interfering with your ability to enjoy or perform daily tasks such as driving, reading, etc., it's time for cataract surgery.

### HOW IS THE SURGERY PERFORMED?

Cataract surgery is the most commonly performed surgery in Canada, during which your cloudy lens is removed and an artificial, clear intraocular lens is implanted.

The process begins by making a small incision in the cornea at the front of the eye to gain access to the cataract. The cataract is then broken up with a hand-held ultrasonic probe. The surgeon then gently removes the fragmented lens using suction and inserts a new, clear intraocular lens in its place.



### HOW LONG DOES THE SURGERY TAKE?

An uncomplicated surgical procedure lasts only about 10 minutes. However, you may be in the outpatient facility for 90 minutes or longer because extra time will be needed for preparation and recovery.

### WHAT IS THE RECOVERY TIME AND HOW DO THE INCISIONS HEAL?

There are usually no stitches required to seal the incision. Recovery is quick, with most patients experiencing minimal pain and/or discomfort afterwards.

## Vision Preferences and Custom Vision Correction

Your vision preferences matter. You can prioritize the best vision quality based on your lifestyle for reducing the need for distance glasses or achieving clear distance and near visions. We introduce you to the concept of “Refractive Cataract Surgery” where Vision Correcting Intraocular Lenses (IOLs) can be chosen to restore your vision and reduce dependency on glasses. During your appointment, we will discuss your lifestyle and visual needs in order to better assist you in choosing a **Custom Vision Plan** that is designed especially for you. These vision plans will offer advanced diagnostic testing, special feature lens implants, and the option for femtosecond laser assisted cataract surgery. Before you leave today you will be able to choose a vision package that is customized to fit both your lifestyle and budget.

## Understanding the 3 Zones of Vision

We can divide vision tasks into 3 general zones. Please circle the zones that are most important to your daily lifestyle.

Near Zone (40cm)	Middle Zone (60-66cm)	Distance Zone (3ft+)
Newspaper	Computer	Street Signs
Phone/Writing	Cooking/Cleaning	TV/Movies
Make-up	Gardening	Golf/Tennis



## VISION PREFERENCES

- ✓ I want to have the best vision quality that is available
- ✓ I would like to see as clear as possible for distance reducing the need for distance glasses
- ✓ I would like to have as clear vision for both far and close as possible, reducing the need for reading glasses, bifocals or progressive glasses.

## INTRAOCULAR LENS (IOL) IMPLANT: YOUR OPTIONS

There are two major categories of Implants:

### **COVERED BY OHIP: The standard IOL**

It is a single focus lens that replaces the cataract lens with a clear lens. They will also correct some or most of your nearsightedness or farsightedness. **You will require glasses after surgery.**

### **NOT COVERED BY OHIP: The premium IOL**

This has more sophisticated optics and are designed to correct optical aberrations, astigmatism or presbyopia (the inability to focus from distance to near, requiring you to use reading glasses or bifocals). The difference in price between these lenses and the Standard lens is charged to the patient. **All Custom Vision Plans include Premium IOLs.**

## PRE-OPERATIVE DIAGNOSTIC TESTING:

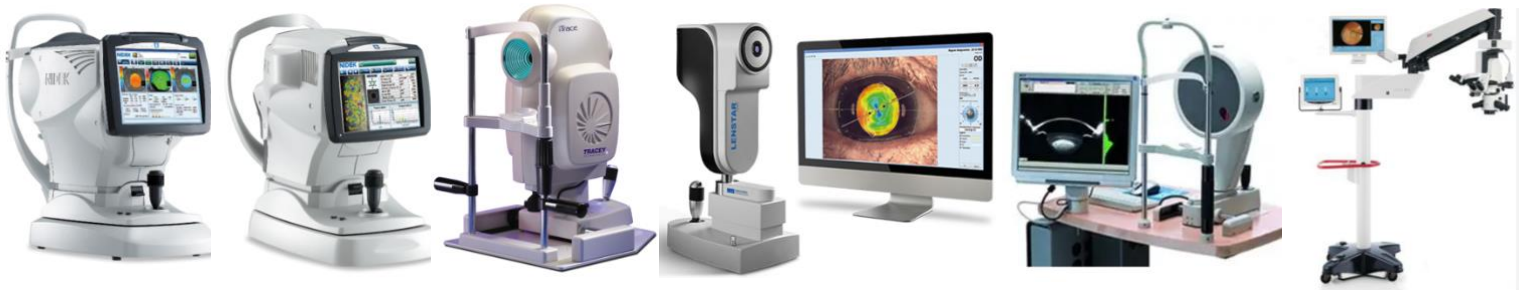
Eye measurements are needed to select the appropriate lens implant for your cataract surgery.

### **1. STANDARD MEASURING, INSURED SERVICE (covered by OHIP)**

The eyes are measured using ultrasound.

### **2. ADVANCED MEASURING, UNINSURED SERVICES (not covered by OHIP)**

The eyes are measured using Lenstar Biometry, iTrace Wavefront Aberrometry, Corneal Topography, Pentacam Corneal Tomography, Specular Microscopy, and Verion Reference Imaging.



*These diagnostic tests, although not medically essential, provide invaluable data from your eyes to uniquely **customize your treatment plan** and **select the most suitable intraocular lens (IOL)**, especially for selecting premium IOLs (ie. lifestyle/multifocal lenses) that will maximize your quality of vision and minimize your dependence on glasses.*



## PREMIUM LENS IMPLANT OPTIONS



20/20*	<b>E</b>	<b>E</b>	<b>E</b>	<b>E</b>
*Images simulated using ZernikeTool, created by George Dal, PhD.	<b>E</b>	<b>E</b>	<b>E</b>	<b>E</b>
Average Corneal SA	+0.27	+0.27	+0.27	+0.27
Lens SA Correction	-0.27	-0.17	0.0	+0.15
Total Residual SA	0.0	+0.10	+0.27	+0.42

### ASPHERIC LENS corrects spherical aberration of the eye.

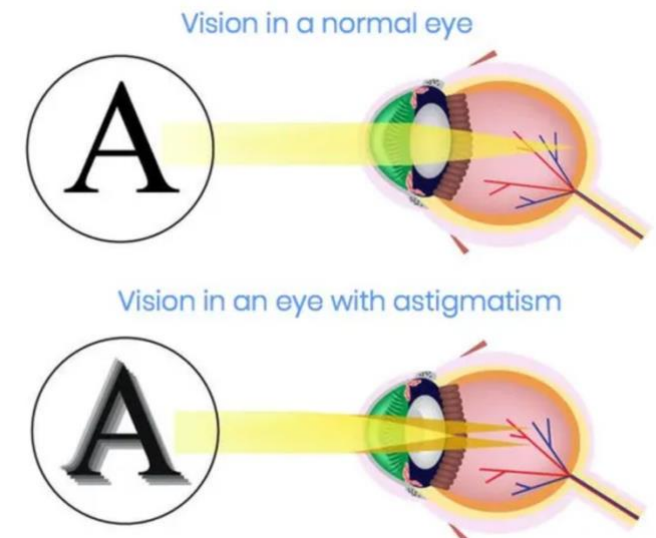
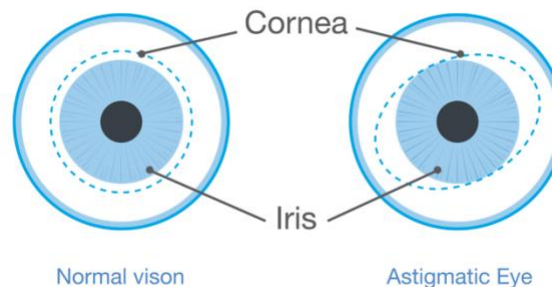
For patients who want to have sharper, higher contrast distance vision especially at night or during low-contrast environments such as at dusk or when it's raining.

- ✓ Better vision during low-light conditions such as night time driving.
- ✓ Quality of long distance vision will improve
- ✓ Reading glasses are still required

### TORIC LENS corrects spherical aberration and astigmatism.

Corrects distorted vision caused by having astigmatism--an irregular shaped cornea. If you have astigmatism and choose not to select a toric lens, then you will need bifocals glasses correction

- ✓ Quality of long distance vision will improve
- ✓ Reading glasses are still required






















# CATARACT SURGERY INFORMATION

## LIFESTYLE LENS for further presbyopia correction.

The Refractive Cataract Surgical team at North Toronto Eye Care and North Toronto Eye Surgical Centre are very excited about these lens options for patients who desire freedom from glasses.

Lifestyle lenses can correct your vision at **multiple distances** (Far → Intermediate → Near). These options deliver great functionality and range of vision, which significantly reduces the need for glasses at all distances. A small percentage of patients will experience glare and halos at night.

		Near (40cm) 	Intermediate (60cm) 	Distance 	Astigmatism Correction (TORIC)
	Range of Vision Correction <b>Refractive Monofocal (Eyhance)</b>	 Need glasses	 Sometimes need glasses		
	Extended Depth of Focus <b>(Vivity or Puresee)</b>	 Sometimes need glasses			
	Full range of vision <b>(Panoptix/ Synergy)</b>				 



## FULL RANGE OF VISION LENSES

- **Clareon® PanOptix®**

The Clareon® PanOptix® from Alcon is a multifocal correcting intraocular lens (IOL) for patients with presbyopia undergoing cataract surgery. This is a lens option for patients who are looking to correct their three zones of vision with a single lens.

With visibility in all lighting conditions and reliable UV and blue light filters, the PanOptix® lens truly allows for flexible transitioning in all day-to-day functions, such as using a computer, outdoor activities, or reading a newspaper.

The Clareon® PanOptix® is equipped with ENLIGHTEN® Optical Technology that optimizes intermediate vision without compromising exceptional near and distance vision.

Glasses may still be required for some activities, such as prolonged reading or reading very small print like on a prescription bottle.



- **Tecnis Synergy™**

The Tecnis Synergy™ from Johnson and Johnson combines extended depth of focus technology with multifocality to create a continuous range of vision from distance to 33 cm without the drop out at intermediate distances seen by previous multifocal designs.

## EXTENDED RANGE OF VISION LENSES

Offers great intermediate vision (computer, seeing the dashboard) and distance vision. Reading glasses will be required.

### Refractive Monofocal

- **Tecnis Eyhance™** lens from Johnson and Johnson is a refractive technology monofocal lens that provides one additional line of vision at functional intermediate range (~66cm).

The lens is a conventional monofocal lens with minimal glare.

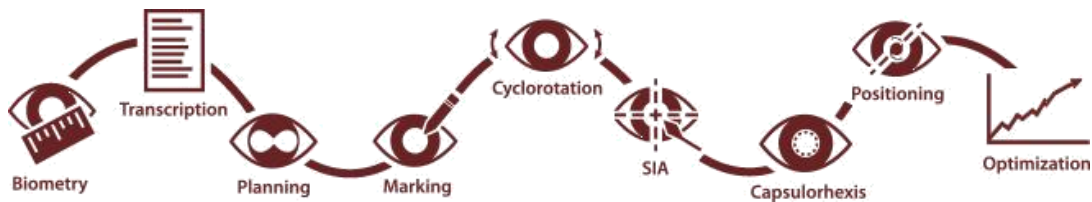


## EDOF (Extended Depth of Focus) Wavefront technology

- **Clareon® Vivity®** lens from Alcon extends depth of focus creating a continuous range of vision across distance and intermediate range. This lens visual disturbance profile is similar to a monofocal lens in that majority of patients are not bothered by halos glare or starbursts.
- **Tecnis PureSee™** lens from Johnson and Johnson is a refractive continuous-power technology that provides distance to intermediate range of vision. This lens provides optical quality comparable to a monofocal lens under diverse lighting conditions



## VERION™ IMAGE GUIDED SYSTEM



### The Process of Precision

With more and more cataract patients asking for better vision, reducing your refractive error has never been more important. Unfortunately, with today's cataract refractive surgical procedure, there are multiple sources of potential error that are inherent to the status quo process.

While each of these instances may only yield a tiny amount of error, they can add up to a significantly impacted refractive outcome because **there are so many of them.**



*Surgeons must constantly be on the lookout for potential sources of refractive error.*

### Precise and Customized Surgery for each Patient

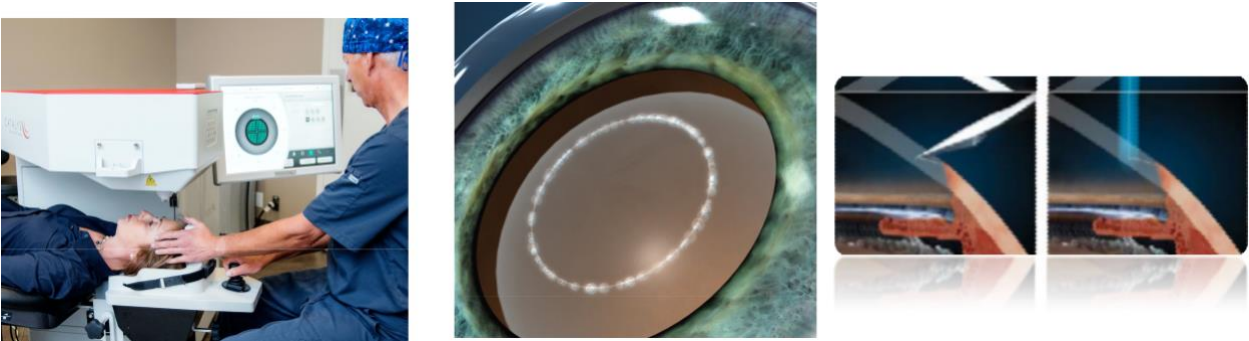
The VERION™ Image Guided System is an entirely new way of looking at cataract refractive surgery. Instead of checking for refractive error at the end of your procedure, the VERION™ Image Guided System helps minimize potential sources of error during each step of the surgical process. From patient imaging to surgical planning to procedural guidance, the VERION™

Image Guided System is designed to help you consistently hit your cataract refractive target.



## FEMTOSECOND CATARACT SURGERY (FLACS)

Cataract surgery can be performed with the assistance of a computer-controlled **Femtosecond Laser**. The laser allows your surgeon to plan and perform your surgery using a bladeless technique. The surgeon uses the assistance of computer-controlled laser to replace the steps that were previously done by hand with standard surgical instruments and blades.



In addition to treating cataracts, **Femtosecond Laser** can be used to correct astigmatism by creating relaxing “arc shaped” incisions on the cornea. This procedure may reduce the need for glasses following surgery and is **not covered by OHIP**.

## How is Femtosecond laser assisted cataract surgery (FLACS) different than standard cataract surgery?

During FLACS, a Femtosecond laser is used to prepare the eye for cataract removal. The laser will create **small incisions** on the cornea that allow the surgeon to gain access to the cataract. In traditional surgery these incisions are made by the surgeon using a blade. Inside the eye, the lens sits within a clear bag called the capsule, the surgeon will need to **create an opening of the capsule** to extract the lens. This opening can be created using the laser with FLACS or done manually by the surgeon with a surgical instrument, as in standard cataract surgery. Lastly, the laser is also used to **fragment the lens** into smaller pieces, allowing for easier removal through the incisions on the cornea. All of these steps are done by the laser in only a few seconds.



### Advantages:

- ✓ Greater precision, predictability, and customization to fine tune your vision.
- ✓ Capsule openings that are perfectly round allowing the intraocular lens to be more easily centered, enhancing your quality of vision.
- ✓ Femtosecond Laser **corneal arcuate incisions** that enhance the shape of the eye to **reduce astigmatism**.
- ✓ Surgical assistance when softening the hard cataract lens, making it easier for the surgeon to remove the lens from the eye. This process uses **less ultrasound energy** which is **much safer and gentler** to the eye.

## CUSTOM CATARACT PACKAGES AND PRICING

### MANUAL CATARACT SURGERY

VISION PLAN 0 OHIP Low Contrast Monofocal	VISION PLAN 1 High Contrast Monofocal	VISION PLAN 2 Precision High Contrast Monofocal
<b>SPHERICAL LENS</b> ✓ A SCAN Biometry ✓ Manual Surgery  There is NO astigmatism correction	<b>For LOW Astigmatism</b> <b>ASPHERIC LENS</b> ( <i>pay in hospital</i> ) <b>DIAGNOSTICS</b> ( <i>pay in clinic</i> ) ✓ IOLMaster Biometry ✓ Corneal Topography ✓ Corneal Tomography ✓ Wavefront Analysis ✓ Manual Surgery	<b>For LOW Astigmatism</b> <b>ASPHERIC LENS</b> <b>DIAGNOSTICS</b> ✓ IOLMaster Biometry ✓ Corneal Topography ✓ Corneal Tomography ✓ Wavefront Analysis ✓ Lenstar Biometry ✓ Verion Astigmatic Analysis
	<b>For HIGH Astigmatism</b> <b>CLAREON LENS</b> ( <i>pay in hospital</i> ) <b>DIAGNOSTICS</b> ( <i>pay in clinic</i> ) ✓ All Above ✓ Corneal Toric Marking/Alignment	<b>For HIGH Astigmatism</b> <b>TORIC LENS</b> <b>DIAGNOSTICS</b> ✓ All above ✓ Verion Computerized TORIC lens alignment

### FEMTO LASER CATARACT SURGERY

VISION PLAN 3 Refractive Monofocal EYHANCE Enhanced low light/intermediate	VISION PLAN 4 VIVITY/PureSee Extended Range of Vision	VISION PLAN 5 PANOPTIX/SYNERGY Full Range of Vision/Multifocal
<b>For LOW Astigmatism</b> <b>EYHANCE LENS</b> <b>DIAGNOSTICS</b> ✓ IOLMaster Biometry ✓ Corneal Topography ✓ Pentacam Tomography ✓ Wavefront analysis ✓ Lenstar Biometry ✓ Verion Astigmatic Analysis	<b>For LOW Astigmatism</b> <b>VIVITY LENS</b> <b>DIAGNOSTICS</b> ✓ IOLMaster Biometry ✓ Corneal Topography ✓ Pentacam Tomography ✓ Wavefront analysis ✓ Lenstar Biometry ✓ Angle K and L (iTrace) ✓ Verion Astigmatic Analysis	<b>For LOW Astigmatism</b> <b>TRIFOCAL - PANOPTIX/SYNERGY LENS</b> <b>DIAGNOSTICS</b> ✓ IOLMaster Biometry ✓ Corneal Topography ✓ Pentacam Tomography ✓ Wavefront Analysis ✓ Lenstar Biometry ✓ Angle K and L (iTrace) ✓ Verion Astigmatic Analysis
<b>For HIGH Astigmatism</b> <b>TORIC LENS</b> <b>DIAGNOSTICS</b> ✓ All above ✓ Verion Computerized TORIC lens Alignment ✓ Verion Computerized Lens Centration	<b>For HIGH Astigmatism</b> <b>TORIC LENS</b> <b>DIAGNOSTICS</b> ✓ All above ✓ Verion Computerized TORIC lens alignment ✓ Verion Computerized Lens Centration	<b>For HIGH Astigmatism</b> <b>TORIC LENS</b> <b>DIAGNOSTICS</b> ✓ All above ✓ Verion Computerized TORIC lens alignment ✓ Verion Computerized Lens Centration
FEMTOSECOND LASER IS USED IN ALL CUSTOMIZED PLANS TO REDUCE ASTIGMATISM AND/ OR TO ADD TORIC ALIGNMENT MARKS *PRICES ARE SUBJECTED TO CHANGE		

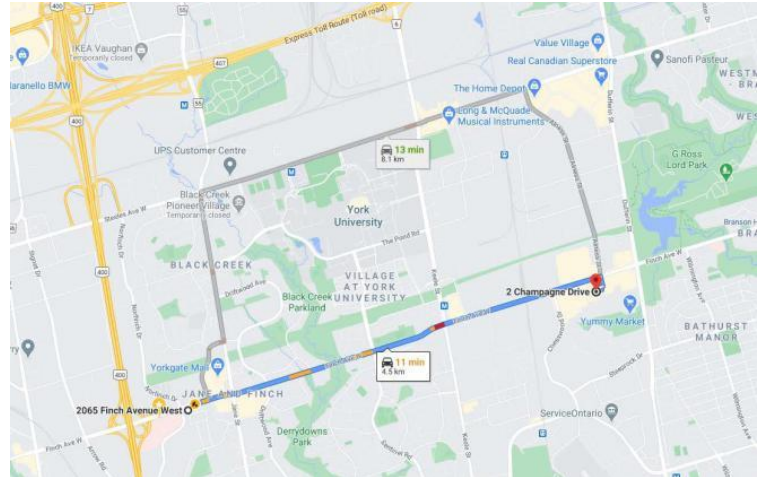


## SURGERY LOCATIONS

### North Toronto Eye Surgery Centre (Private Surgical Centre)

2 Champagne Drive, Unit C2  
East Entrance – Champagne Centre Toronto,  
Ontario M3J 2C5

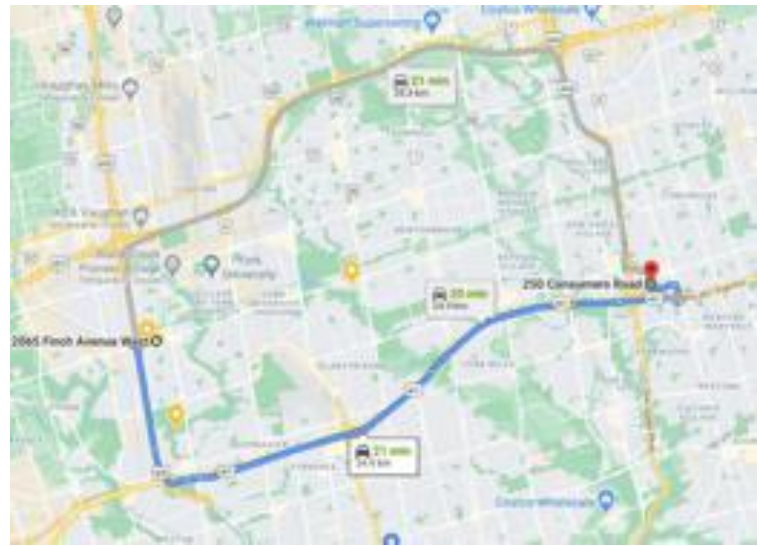
**Phone:** (416) 792-3043



### North York Eye Surgery Center (Hospital Option)

243 Consumer Road 3rd floor Toronto,  
Ontario M2R 1N5

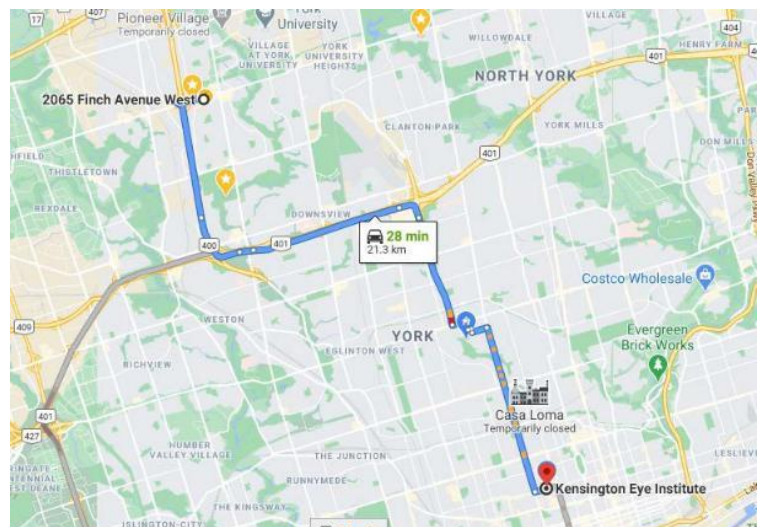
**Phone:** (416) 756-6581

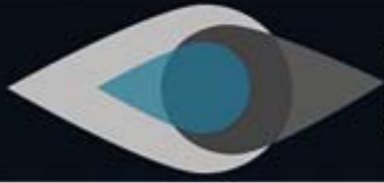


### Kensington Eye Institute (KEI) (Hospital Options)

340 College Street, Suite 600 Toronto,  
Ontario M5T 3A9

**Phone:** (416) 928-2132





# Cataract Surgery in Ontario

What is covered by OHIP? What are the non-insured options?  
How much should it cost? Can I pay to get faster surgery?

Patients with cataracts in Ontario have many options to consider with surgery. Cataract is the progressive hazing of the natural crystalline lens in the eye. It causes decreased vision that can impact your ability to read, drive, work, and function.

Cataract surgery is the most commonly performed surgery in Canada, during which your cataract is removed and an artificial intraocular lens is implanted. Technological advances have revolutionized cataract surgery allowing for improved safety, the costs of which are funded by provincial health insurance plans, such as OHIP in Ontario.

**Patients with cataracts in Ontario can have their vision restored by OHIP funded surgery without paying extra money out of pocket.**

Several newer innovations in cataract surgery are not covered by OHIP and are optional choices for all patients in Ontario. These non-insured services are not medically necessary and are designed to reduce dependence on glasses/contact lenses, and/or to potentially enhance the quality of your vision.



## What are my non-insured options?

Your ophthalmologist may discuss optional non-insured testing, procedures, and special feature lens implants if appropriate to your individual situation. Every patient has a right to know their options and to make well informed decisions about which options, if any, they wish to choose and the costs involved.

Non-insured cataract services are paid for directly by the patient to the surgeon's clinic or hospital and may include specialized diagnostic eye measurements; special feature lens implants; and certain surgical procedure, diagnostics and lasers.





### Preoperative measurements in the office

Eye measurements are needed to select the appropriate lens implant used during surgery. OHIP covers testing using ultrasound. Non-insured alternative and/or additional eye testing may provide more accurate eye measurements.

Optional non-insured preoperative testing may permit a more customized vision correction with lens implants and reduce your dependence on glasses at the focus point of your choice (distance or near).

Preoperative testing takes place in your surgeon's office, where payment for these optional services is made.

### Procedures & devices in the surgical facility

OHIP covers cataract surgery costs including surgeon fees and the standard lens implant. Special feature implants, additional procedures, specialized diagnostics, and certain lasers are non-insured services that patients can choose at the surgical facility or hospital for an additional cost.

Optional special feature lens implants may:

- ï treat astigmatism
- ï reduce your need for glasses
- ï attempt to improve the quality of your vision

### How much will non-insured services cost?

All non-insured cataract services in Ontario are optional. Your ophthalmologist should discuss with you any fees for non-insured services and answer any questions you may have.

The cost for non-insured services can vary between surgeons and hospitals/surgical facilities. The Canadian Ophthalmological Society (COS) outlines average costs for these cataract services in an online statement on Values for Uninsured Services in Canada.

### Can I pay to get faster surgery?

No. Wait times can vary significantly for cataract surgery. Independent of where your surgery takes place, Ontario surgeons are legally prohibited from offering faster surgery for a fee, otherwise known as queue jumping. Any payment out of pocket should only be for non-insured testing, procedures, or lens implants — not to have surgery done sooner.

### Where can I get more information?

The Eye Physicians and Surgeons of Ontario (EPSO) Code of Ethics ([www.epso.ca](http://www.epso.ca)) is a guideline for practicing ophthalmologists.

The College of Physicians and Surgeons of Ontario (CPSO) has an online policy on Block Fees and Uninsured Services.

To learn more scan this QR code  
or visit [www.epso.ca](http://www.epso.ca)



## Cataract Surgery Risks and Side Effects

### Common complaints after cataract surgery:

- Gritty/sandy/sticky sensation
- Eyelids feel heavy
- Dry eyes
- Teary eyes
- Loss of reading ability
- Floaters
- Shadows, halos, glare, ghosting
- Blurry vision first few days after surgery before improving
- See an arc or flickering of light or blurriness temporarily
- Everything is much brighter/whiter (1% will find new vision too bright/intense)
- Post-operative medication drops will sting or blur the vision for a few seconds
- Foreign body sensation from the incision
- Everyone, including each person's two eyes, can heal differently and can require a longer or shorter time to fully recover. One eye may be clear a few hours after surgery, while the other eye may take a few days to clear up.

These outcomes are to be expected. They can last anywhere from 1 day to several months after surgery.

### Serious complications that can occur after cataract surgery:

- Damage to cornea (front of the eye)
- Damage or swelling of the retina/optic nerve (back of the eye)
- Retinal Detachment
- High intraocular pressure (Glaucoma)
- Lens fragments requiring additional surgery
- Implant complications (decentration, dislocation)
- Inflammation
- Infection

These more serious outcomes are less common, 1:100 – 1:3,000 risk. Some of these may cause permanent visual problems.

Blindness is very rare, 1: 5,000 – 10,000 risk.

**Refractive outcomes (eliminating the need for glasses) OR achieving your expected.**

**Target outcome cannot be guaranteed.**

**Touch up to achieve target outcome: LASIK or PRK additional \$500/eye**

**Secondary Cataracts can occur months later needing YAG laser treatment.**

