

What is a Cataract?

A cataract is the clouding of the natural lens of the eye. The natural lens, located behind the cornea and iris, focuses light on the retina to allow your eye to see a sharp, clear image. As we age, proteins in the lens can clump together and cloud the lens. As a result, light is unable to pass through this now cloudy lens and creates a hazy image instead of a clear one. Initially, in the early stages of development, cataracts may have little effect on vision. However, as it progresses, changes in vision may occur, making daily activities more difficult.

Cataract Symptoms

- Blurry or hazy vision
- Colors seem faded
- Seeing halos around lights
- Sensitivity to glare from lights
- Difficulty seeing at night
- Double vision

Cataract Causes

The most common cause of cataracts is simply the aging of the eye. Other causes include:

- Certain diseases such as diabetes
- Smoking
- High blood pressure
- Long-term exposure to sunlight
- Alcohol use
- Family history of cataracts
- Injury to the eye
- Certain medications such as steroids



Multiple Convenient Locations

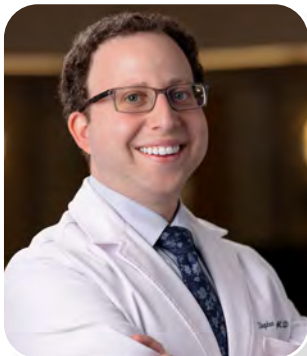
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Meet Our Cataract Surgeons



GREGORY W. OLDHAM, MD

Gregory Oldham, MD is a board-certified glaucoma specialist who provides the medical and surgical management of glaucoma as well as cataracts. With a glaucoma fellowship from Baylor College of Medicine, Dr. Oldham has gained hands-on experience in the evaluation and treatment of complex glaucoma and cataract cases. In addition, he provides comprehensive ophthalmic care—utilizing the most advanced technology to diagnose and treat the full range of eye diseases.



STEPHEN J. MOSTER, MD

Stephen Moster, MD is a board-certified cataract and glaucoma surgeon who grew up in the Philadelphia suburbs. He earned his medical degree from the University of Pennsylvania, and completed his ophthalmology residency at the esteemed Bascom Palmer Eye Institute, ranked number one in ophthalmology training for the last two decades.

Dr. Moster specializes in minimally invasive and complex glaucoma surgeries, as well as premium cataract surgery. He has performed thousands of successful ocular procedures and received the Surgical Teaching Award at the University of Pennsylvania for his exceptional skills.



SAMANTHA L. MAREK, MD

Samantha L. Marek, MD is a board-certified cornea specialist. Originally from Cleveland, OH, she earned her medical degree from the University of Cincinnati and pursued ophthalmology training at the University of Pennsylvania. Dr. Marek specializes in a wide range of corneal procedures, advanced cataract surgery, and refractive surgery. She completed the highest volume cornea transplant fellowship in the country under the guidance of the president of the Cornea Society. Additionally, she has had numerous papers published and is currently contributing chapters to the upcoming edition of the Cornea textbook.



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Meet Our Cataract Surgeons



JOHN J. DESTAFENO, MD

John DeStafeno, MD is a board-certified ophthalmologist specializing in all aspects of refractive cataract and laser surgery as well as the treatment of complex corneal diseases. He completed his 2-year fellowship at Duke University which focused on clinical research and the medical and surgical management of anterior segment disease.

He is one of the most experienced cataract and refractive surgeons in the region, and has received recognition both locally and nationally for his excellence in eye care. His accolades include numerous Top Doctor and Surgeon awards, as well as the prestigious American Academy of Ophthalmology Achievement Award for enhancing the field.



CRISTAN M. ARENA, MD

Cristan Arena, MD specializes in the surgical and medical management of glaucoma and cataracts. Board-certified by the American Board of Ophthalmology, she obtained a glaucoma fellowship at the University of South Florida where she gained extensive experience with various glaucoma treatments and surgeries including lasers and trabeculectomies. Dr. Arena also performs a wide variety of advanced surgeries such as micro-invasive glaucoma surgery, and was one of the first surgeons nationally to implant the latest innovation in tube shunt surgery, the Ahmed Clear Path. In addition, Dr. Arena is a skilled cataract surgeon—performing both routine and complex cataract cases.

Welcome

Thank you for choosing Chester County Eye Care for your cataract evaluation!

Cataract surgery is one of the most common procedures performed in the United States. With today's technology, there are many factors to consider when deciding to have cataract surgery including choosing between conventional vs. laser assisted cataract surgery, using advanced intraocular lenses, and correcting astigmatism. At your evaluation, our cataract surgeons will review all of these options with you so that your surgery is customized to your individual vision needs as well as perform a thorough eye exam to ensure cataract surgery is appropriate for you.

To help prepare for your upcoming cataract evaluation, please note the following:

- Your appointment will take approximately 2-3 hours.
- **Contact Lens Wearers:** Do not wear your hard contacts for 21 days or your soft contacts for 7 days prior to your appointment.
- Some cataract tests are not covered by insurance. You are responsible for this cost which will be between \$55 to \$105.
- Please bring your glasses prescription along with you.
- We advise you to bring a family member or friend with you to your appointment.
- You will be dilated at your appointment and may want to bring a driver.



For additional information and to watch educational videos, please visit our website.

We look forward to seeing you at your appointment!



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Cataract FAQ's

How long will the surgery take?

You will be at the surgery center for approximately 2-3 hours. The surgery itself typically takes 10-20 minutes.

What doctor visits are after surgery?

You will be discharged to home the day of surgery. You will have a follow up appointment the day after surgery and another appointment 1 week to 1 month after based on your healing.

Do both eyes need to have surgery?

Only if cataracts are present in both eyes. Cataract surgery in one eye only is often performed.

If both eyes have cataracts, are they done at the same time?

Both eyes are done within 2-4 weeks of each other but can be farther apart in time.

Where will the surgery be performed?

It will be done at one of these surgery centers: Turks Head in West Chester or Vision One in Exton.

What anesthesia is used?

Local or topical anesthesia is used, making it a typically painless surgery.

What is the recovery time?

Vision should be improved on your first day. Many patients can return to normal activities or work within a few days.

What medications are used after surgery?

You will need to use antibiotic and antiinflammatory eye drops for 3 weeks. Detailed instructions will be given to you.

Will I need glasses or contacts after surgery?

Cataract surgery is designed to decrease your dependence, however, patients may still require glasses or contacts for best vision.

Does insurance cover the cost of cataract surgery?

Conventional cataract surgery with a standard, single-focus IOL is covered by insurance. You are responsible to pay for any deductibles and co-pays dictated by your insurance.

Does insurance cover the cost of an advanced technology lens implant and testing?

Insurance will cover a standard lens implant and testing only. Advanced lens implants (toric, multifocal, etc) and advanced testing are not covered by insurance and are the responsibility of the patient.



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Lens Implant Options

Cataract surgery removes the cloudy, natural lens of the eye. This cloudy lens is replaced with an intraocular lens implant, or IOL. IOLs are typically acrylic material and are safe for your eye. IOLs not only replace the cloudy lens, they can correct errors of the eye—nearsightedness, farsightedness, and astigmatism—to improve vision.

Each IOL has their own benefits and limitations and your cataract surgeons will discuss them with you to ensure the most appropriate IOL is chosen for you based on your needs and lifestyle. Below is a brief overview of IOL lenses that are available.



Multifocal IOL

- Optimal for those who desire improved range of vision
- Can correct for near, far, and ranges in between
- Glasses or contacts may be needed for some visual tasks

Toric IOL

- Improves quality and clarity of vision
- Reduces astigmatism
- Glasses or contacts may be needed for some visual tasks



Monofocal IOL

- Single focus lens
- Correction in either far or near vision, not both
- Glasses or contacts are necessary for some visual tasks

Light Adjustable Lens

- Lens focus is adjusted to your visual needs with light treatments after surgery
- Ideal for those with prior refractive surgery (e.g. LASIK, PRK)
- Glasses or contacts may be needed for some visual tasks

Laser Assisted Cataract Surgery

Our cataract surgeons offer laser assisted cataract surgery as an option to our patients for a more customizable, predictable, and accurate procedure. While traditional cataract surgery can still be an excellent treatment option when conducted by a skilled eye surgeon, laser cataract surgery may be able to better improve visual acuity in certain individuals.

How it Works

A femtosecond laser:

- Creates a 3D image of your eye
- Creates the corneal incision
- Divides and breaks up the cataract

Benefits of Laser Cataract Surgery

- Gentler removal of the cataract
- Precise cornea incisions
- Corrects for astigmatism



Astigmatism and Laser Cataract Surgery

Astigmatism is a common eye condition caused by an irregular shaped cornea. Instead of being domed shaped, the cornea is football shaped. This causes blurry vision. Laser assisted cataract surgery can improve astigmatism. The laser, guided by the surgeon, simply makes a precise incision in the cornea to make the cornea more round.



Cataract Surgery

Cataract surgery is one of the most common surgeries performed in the United States. Patients can choose between two types of cataract surgery, conventional or laser assisted. Conventional uses handheld tools to manually divide the cataract whereas laser assisted uses a computer-guided laser.

Both are good options and your surgeon will discuss which procedure is best for you. Regardless of what type of cataract surgery is performed, below is a brief description of what you can expect with your surgery:

Before Cataract Surgery

- A thorough eye exam will be performed by your surgeon.
- Measurements of your eye will be taken.
- You and your surgeon will choose the lens implant for your best vision. Both standard and advanced lens implants are available.

During Cataract Surgery

- The procedure itself will take approximately 10-20 minutes. However, you will spend about 2-3 hours at the surgery center.
- Local or topical anesthesia is applied to numb the eye.
- The cataract is divided into pieces and removed.
- The lens implant is inserted to replace the cloudy lens.

After Cataract Surgery

- A detailed list of eye drop instructions will be provided.
- You will have a post-op appointment the day after surgery.
- Recovery time is quick. Most patients see improvement within a few days.





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Less Drops Cataract Surgery

Simple. Consistent. Effective.



No Confusion - All medications in **ONE** drop bottle vs **THREE** different drop bottles.



Convenience - Eye drops supplied **from our office**. No pharmacy visits, precerts, rebate cards, hidden pharmacy costs.



Cost - Out-of-pocket price of \$50/bottle/eye (both eye surgeries require 2 bottles). Insurance coverage for medications vary and more costly for patients.



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