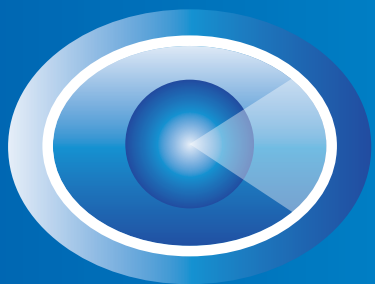


**Live your life
better with...**

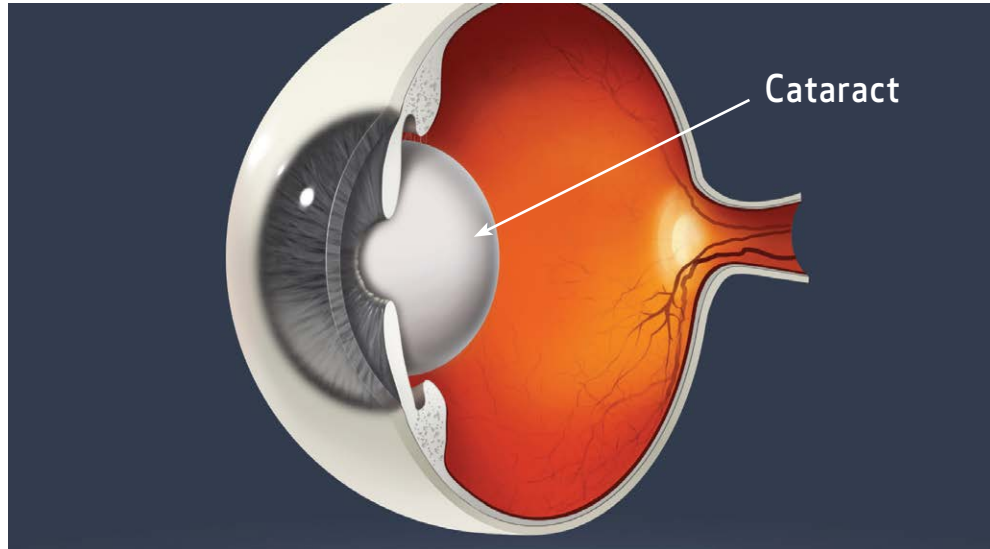
**a Laser Vision SA
cataract procedure**



LASER VISION SA



What are cataracts?



Cataracts are a clouding of the focusing lens behind the pupil (the dark centre of your eye). It can give you blurred, cloudy, glary or double vision. Cataracts can develop slowly over years or quickly over months.

Many people with a cataract think they just need a new pair of glasses and can be quite surprised to be told they have a cataract in their eye. However, cataracts are quite common.

More than 70% of Australians over 49 years of age will be affected by cataract or need cataract surgery in the next decade.¹

Understanding cataract surgery will help you feel more confident about your decision.

A cataract needs to be removed when it affects your everyday activities, like driving, reading, or watching television.

Cataract removal is one of the most common and safest operations performed in Australia.

After the cloudy lens is removed, your doctor will replace it with a new, clear intraocular lens.

Although you cannot feel or see your new lens, it will help improve your vision.

This lens stays in your eye, maintenance free, forever. Lenses are not rejected and rarely degrade. This means the operation rarely needs to be repeated.

1. *Ophthalmology*. 2008 May;115(5):808-814. Ten-year incidence of age-related cataract and cataract surgery in an older Australian population. *The Blue Mountains Eye Study*. Kanthan GL et al

When might I need a cataract procedure?

You may wish to have your cataract removed when it interferes with your ability to perform the following activities comfortably:

- Driving at night or in the country
- Occupational tasks
- Recreational activities
- Reading television subtitles, smart phones, computers or tablets.



What happens the day of a cataract procedure?

You arrive for your procedure at 45 Glen Osmond Road, Eastwood after not eating for 6 hours or drinking for 4.

Step out at the ground-level carpark and into the front door to reception for admission.

You will be shown to a special room to have your vital signs checked and drops placed in your eye to dilate your pupil.

Your anaesthetist will then greet you, we'll take a brief history and examine you before giving you some sedation to relax you.

Your cataract procedure usually takes only 10-15 minutes and we'll check your vital signs again in recovery before taking you to a comfortable chair for a drink and a snack.

We'll give you some post-operative eye drops free of charge before you leave so you do not need to go to the pharmacy on the way home.

We'll also give you some post-operative instructions and arrange for a follow-up appointment at Laser Vision SA before sending you home.

Vision for Life



Being told you have a cataract by your optometrist or GP may be a little scary. Laser Vision SA is here to help provide the best possible journey to better vision. A cataract procedure with Laser Vision SA can help you regain lost

vision, and help you to see better than you have for decades.

We understand your concerns about having a cataract procedure - but these might be based on outdated approaches. Laser Vision SA can provide

you with the information you need to make informed choices about what is best for you and your lifestyle. We can reassure you that a cataract procedure is something to embrace, not fear.

Myths of cataract surgery

Myth 1: I WILL RECEIVE INJECTIONS ALONGSIDE MY EYE.

Modern cataract procedures use NO INJECTIONS around your eye. Instead anaesthetic drops will make your eye surprisingly numb.

Myth 2: I WILL SEE WHAT IS HAPPENING.

A cataract procedure takes place too close to your eye to focus. You see coloured lights only. Many patients say they enjoyed the light show!

Myth 3: I NEED A GENERAL ANAESTHETIC TO BE COMFORTABLE.

Modern cataract procedures use only light sedation to make you comfortable and relaxed. Many patients do not remember the procedure though they were not asleep at the time.



Myth 4: MY EYE WILL HAVE A STITCH.

Modern cataract surgery uses a tiny entry point less than $\frac{1}{10}$ of an inch wide, specially constructed so no stitch is needed.

Myth 5: I WILL HAVE A PATCH OVER MY EYE.

Modern cataract surgery does not require a patch or eye shield. This helps you to look and feel better, retaining your independence immediately.

Myth 6: I NEED SOMEONE TO STAY WITH ME AFTER.

While it is desirable to have someone stay with you or be in close contact the first night after light sedation, it is not absolutely necessary.

Myth 7: THE LENS IMPLANT WILL NEED REPLACING.

All lens implants are made of plastic type materials, usually acrylic, so they do not wear out or degrade with time. You only need cataract surgery once.

Choosing where to have your cataract procedure - considerations.

How many cataract procedures have they performed?

At Laser Vision SA (LVSA), Dr Fraenkel has performed more than **24,000 cataract procedures** and has more than 20 years' experience in Adelaide, Sydney and London.

What sort of hospital will I go to?

LVSA uses a fully accredited boutique day procedure centre that specialises in lens surgery. This means your patient journey may be more comfortable with staff who are dedicated and experienced in dealing with anxiety about a cataract procedure.

Are all cataract surgeons the same?

All are members of the Royal Australian and New Zealand College of Ophthalmologists and trained in cataract procedures. Dr Fraenkel, our ophthalmologist, has undertaken additional training in cataract surgery in London and Sydney, as well as Diplomas in Cataract and Refractive surgery at the Universities of Sydney and Ulster.

Are all cataract practices the same?

At LVSA, we specialise in cataract and refractive surgery. We were the first in SA to introduce laser biometry, laser cataract surgery, and to adopt toric and trifocal IOLs into our mainstream practice. If any further enhancement of your focus and vision is needed, which is rare, this is available within LVSA with our unique Laser Vision Correction suite.

Are all cataract practices accredited?

Most cataract practices are not but LVSA is fully accredited against the International ISO 9001 standards.

How do I know my cataract surgeon gets good results?

You can ask your ophthalmologist how many of their patients' eyes are within 0.5 units of the targeted focus (Dioptres) after cataract surgery.



At LVSA, 94% of our patients' eyes are, which puts us in the top 1% of practices in the world.**

(* at time of publication **communication Warren Hill MD).

How do I ask about complication rates?

One way is to ask about the 'posterior capsular rupture' rate. Our rate is less than 0.1%, which is at the lowest level recorded in a recent study of European eye practices. (EUROQUOL study).

If your focus and vision need further enhancement - and this is rare - this can be done in our unique Laser Vision Correction suite.

How will my patient journey be different at Laser Vision SA?

Our 20 years of experience means we know how to look after you. We know how important your eyes and vision are to you, and we know you will be anxious at times and we know how to help manage your natural anxiety. We'll keep you involved, relaxed and comfortable every step of the way.

We will send you information in writing and through YouTube videos ahead of your consultation so you can be fully prepared and not overwhelmed on the day.

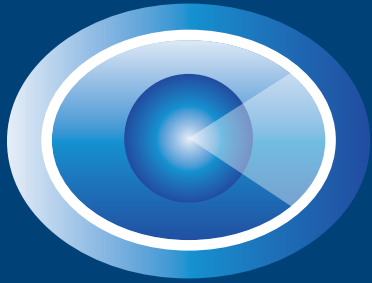
We will fully assess your eyes at your first consultation. This includes acuity, pressure, refraction, biometry, topography, specular microscopy and OCT tests for every new patient with a cataract. Some will also receive tomography and visual field testing.

We will offer you a full range of options for your post-procedure vision. You may choose just to have great distance vision and use glasses for close vision, or vice versa. We may also offer you mono vision with one eye for far focus and one



for close focus. Or you may choose to have extended focus implants that give you distance and focus for intermediate and or near vision without glasses.

We perform all our testing, consultation and procedure bookings in one visit.



LASER VISION SA

DR GRAHAM FRAENKEL

Ground Floor, 169 Pirie Street, Adelaide
South Australia 5000

www.LaserVisionSA.com.au

Telephone 08 8359 2422