

FAQS

Q: What happens in cataract surgery?

A: Dr. Higa performs No-Stitch, No-Injection cataract surgery. First, eye drops are used to anesthetize the eye. Surgery involves the removal of the clouded lens (the cataract) and replacement with a plastic intraocular lens that will correct vision. Following the procedure, no stitches are generally needed to close the wound. It is self-sealing.

Q: Do you use a laser to remove cataracts?

A: No, contrary to popular belief, lasers are not used to remove a cataract. Instead Dr. Higa removes the lens with a state-of-the-art ultrasonic probe, phacoemulsification, which allows for faster vision recovery after the procedure.

Q: Will both my near and far vision improve after cataract surgery? Will I need glasses?

A: The standard lens used in cataract surgery may only correct near or far vision, and most patients will still need glasses. Alternatively, Dr. Higa offers the Optimized Vision System which uses a multi-focal lens. This type of lens may improve a patient's near and far vision at the same time without glasses. Some patients achieve freedom from glasses with a multi-focal lens.

Q: Can I go home after the surgery?

A: Yes, cataract surgery is done on an outpatient basis.

Q: Can I drive myself home after the surgery?

A: You will need to arrange for a driver to drop you off and pick you up on surgery day.



AGING EYES SERIES *Cataracts*



Aesthetic VISION CENTER

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>Welcome to Aesthetic Vision Center

Aloha and welcome to Aesthetic Vision Center. As an eye physician, I help improve your vision; as an oculoplastic surgeon, I can help how you see yourself.

In my practice, I concentrate on issues of the aging eye. The three main causes of blindness in the elderly are macular degeneration, glaucoma and cataracts. In this brochure I will discuss cataracts.

For more information, please call either our Ala Moana or Pali Momi Medical Office location for an appointment.

Hugo Higa, M.D.
Ophthalmology, Oculoplastics



WHO GETS CATARACTS?

The most common cause of a cataract is aging, and they are the third most common reason for vision loss in the elderly. From ages 65-74, 20% of vision loss can be attributed to cataracts. For ages, 75-84, cataract-related vision loss rises to 45%.

WHAT ARE CATARACTS?

A cataract is a clouding of the normally clear lens of the eye. As one ages, the loss of lens transparency may be so mild that vision is only slightly affected, or so severe that no shapes or movements are seen, only light and dark shapes. When the lens gets cloudy enough to obstruct vision to any significant degree, surgery may benefit the patient.

WHAT ARE THE SYMPTOMS OF CATARACTS?

The typical symptom of cataract formation is a slow, progressive, and painless decrease in vision. Other changes include: blurring of vision; glare, particularly at night; frequent eyeglass prescription change; a decrease in color intensity; a yellowing of images.



Decreased color intensity



Blurred vision

WHAT HAPPENS NEXT IF I AM DIAGNOSED WITH A CATARACT?

Once a cataract interferes with vision, the only way to improve eyesight is to have the cataract surgically removed. Glasses or contact lenses may not be able to sharpen vision enough if a cataract is present. Surgical correction should be performed when lifestyle and ability to do daily tasks becomes difficult.

TREATMENT

One and a half million people have cataracts removed every year and 95% have a successful result. There are no medications, eye drops, exercises, or glasses that will cause cataracts to disappear or prevent them from forming.



Treatment for a cataract is to remove the lens and replace it with a plastic intraocular lens. Unlike contact lenses, which must be removed, cleaned, and reinserted, the lens remains in the eye after surgery.

Dr. Higa performs a procedure known as phacoemulsification, or "phaco" for short. With this procedure, numbing eye drops are used to anesthetize the eye, and a small incision is made without the need for stitches. The lens is removed, and a new one is inserted. This surgery is performed on an outpatient basis. Ninety percent of procedures performed achieve at least an eye-glasses corrected vision of 20/40 or better.

OPTIMIZED VISION SYSTEM

The Optimized Vision System offers care levels that allow our patients a choice when they have cataract replacement surgery.

The Optimized Vision System's pre and post care appointments, surgical room and anesthesiology are covered by most insurance plans.

* Plan 20A for Basic Care

Aesthetic Vision Center's 20A program is fully covered by most medical insurance. Dr. Higa uses the Tecnis lens that significantly improves low light vision and makes driving at night more comfortable.

• Plan 20A+ Care \$500 each eye

Aesthetic Vision Center's 20A+ program takes optimizing your vision one step further. Dr. Higa will take a Wavefront technology map to determine the precise shape of your cornea. This assists Dr. Higa in selecting the lens that will optimize your vision with improved and sharpened vision for most cataract patients. Plan 20A+ includes all of 20A plan plus Wavefront Analysis and AK (astigmatism correction) if needed.

• Plan 20A++ Care \$2,500 each eye

Aesthetic Vision Center's 20A++ program may free you from cataracts and glasses! Dr. Higa will use a multi-focal lens that will enhance both your near and far vision. Plan 20A++ includes 20A+Care and multifocal lens.