



BAPTIST EYE SURGEONS
excellence in eye care

THE COMPLETE GUIDE TO CATARACT SURGERY

EVERYTHING YOU NEED TO KNOW
BEFORE, DURING, AND AFTER

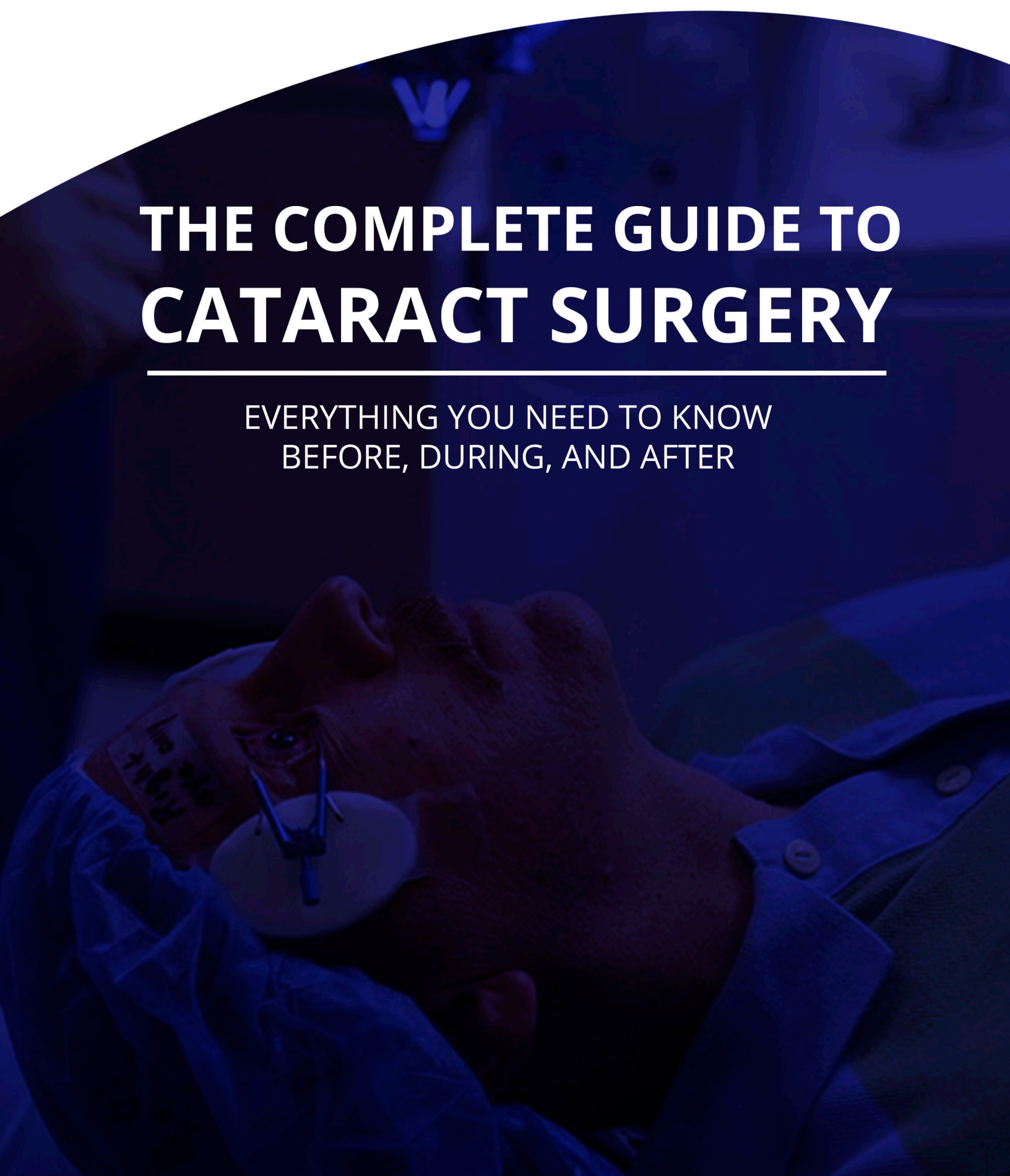


TABLE OF CONTENTS

Introduction	1
Before You Make an Appointment	2
Choosing the Right Cataract Surgeon	5
Preparing for Cataract Surgery	7
The Big Day: Your Cataract Removal	9
Recovering from Cataract Surgery	11



INTRODUCTION

Cataracts begin developing in most people around middle-age (40-50's), but don't significantly affect vision until sometime after age 60.

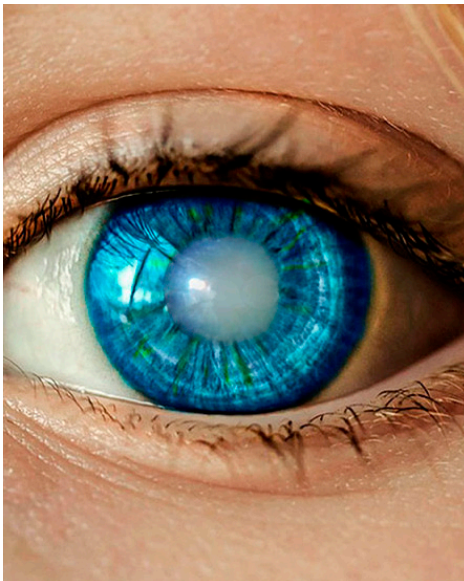
The number of cataract cases in the United States rose **20 percent** (from 20.5 to 24.4 million) between 2000 and 2010. The National Eye Institute (NEI) is expecting those rates to continue increasing and predict ~50 million cataract diagnoses by 2050.

If you're over age 40, chances are you have cataracts whether or not they are large enough to compromise your vision. If they are causing vision impairment, cataract surgery is something to consider. This eBook will tell you everything you need to know about cataract surgery, before, during, and after the procedure.



BEFORE YOU MAKE AN APPOINTMENT

Learn more about what cataracts are, what causes them, symptoms of cataracts, and when you should see an ophthalmologist for cataract-related eye problems.



What are Cataracts?

The lens of the eye is primarily composed of water and protein, but over time, proteins in the eye may start clumping together to form what we call “cataracts,” which result in cloudy vision.

While most cataracts are age-related, there are **many other factors** that can put you at a greater risk for needing cataract surgery. Young people have been known to form cataracts as a result from an eye injury.

What are Symptoms of Cataracts?

When a cataract is small, changes in vision are small and most of the time unnoticeable. As the cataract continues to grow, it diminishes the clarity of the lens. Changes to vision become more noticeable as they impact quality of life and the following symptoms become the norm:



Cloudy or blurry vision. You may have noticed your ability to see things clearly has decreased over time. You may find yourself squinting or blinking more often to get better focus.



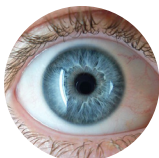
Double vision in a single eye. You may have noticed that you're seeing double, but only in one eye.



Dim vision. You may have noticed you need brighter light when doing indoor activities, especially reading.



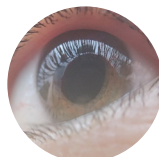
Increased difficulty with night vision. You may have noticed that you have more trouble driving at night than you did before.



Increased sensitivity to bright light. You may have noticed that you squint when experiencing minor dark-to-bright light changes or you shield your eyes when stepping outside, even when it doesn't seem that sunny out.



Seeing halos around lights. You may have noticed glowing halos around lamps or headlights and glares from the sun bother you more than before.



Fading or yellowing of colors. You may have noticed that colors don't look fresh anymore. Instead, they look faded, dingy, and yellowed. You may have also noticed that you have trouble differentiating between colors in the same family. For example, blues and purples may look very similar. You may match a black sock with a navy sock and not see the difference.

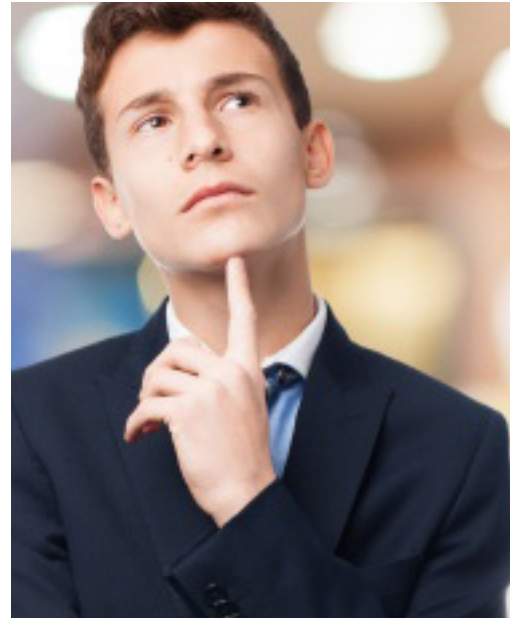


Frequent changes in eyeglasses and contact lens prescriptions. You may have noticed yourself needing to update your eyeglasses or contact lens prescriptions more often because your vision keeps worsening.



WHEN SHOULD I SEE AN OPHTHALMOLOGIST?

A comprehensive annual eye exam will allow your eye doctor to evaluate the health of your eyes and make recommendations based on their current state. The majority of eye diseases are asymptomatic until they reach the later stages and become serious, threatening a person's vision. Because of this, it's important keep up with your routine yearly visits. You should also schedule an appointment right away if you notice any significant changes in vision or are experiencing eye pain or other abnormalities.



Read: [Why Skipping Your Annual Eye Exam is a Risk You Shouldn't Take](#)



**WHEN WAS
YOUR LAST
COMPREHENSIVE
EYE EXAM?**

If you take your car in for a routine oil change every three months, but can't remember when your last comprehensive eye exam was, you're not alone. Unfortunately, only about half of all Americans schedule an eye exam every year and less than two-thirds of those exams are comprehensive. Scheduling a comprehensive annual eye exam with your ophthalmologist is the most important thing you can do to prevent vision loss.

[Schedule My Comprehensive Eye Exam](#)



CHOOSING THE RIGHT CATARACT SURGEON

If you're experiencing vision problems and suspect cataracts, you might have recently asked Google to locate cataract surgeons in your area. While Google and other search engines are great tools for pulling up relevant information, it's important to take a step beyond accepting first page results as the best results.

Here are a few tips that will help you find an ophthalmologist who is local and good at what they do:



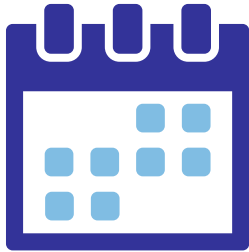
Read what patients are saying about their eye surgeon.

Online reviews and [patient testimonials](#) are good things to consider when looking for an eye surgeon. You probably already know what qualities you find most important in an eye surgical practice, so look for those keywords: professional, courteous, competent, helpful, etc.



Find out what your potential eye surgeon specializes in.

All eye doctors have different surgical specialties, so put some time into finding out what the eye doctor you intend to see specializes in. Most of the time, this information is posted on their practice's website. If multiple eye doctors are a part of the same practice, look at the credentials of each one to determine which eye doctor is experienced in cataract removal.



Make an appointment & ask the right questions.

Scheduling an appointment and meeting your eye doctor of choice is best way to decide whether or not they are right for you. Don't be afraid to ask questions or ask your eye doctor to explain their reasoning for a recommendation, whether it is to move forward with cataract surgery or try a less invasive route first. A good eye surgeon will want you to make an informed decision concerning your eye health.

Read: [10 Questions to Ask Your Eye Doctor Before Scheduling Surgery](#)

We have nine eye doctors who practice at Baptist Eye Surgeons and all of them are well-equipped in cataract removal as well as different areas of eye care.

MEET OUR DOCTORS



Marc A. Bodenheimer, M.D.



Brittany N. Cook, M.D.



L. Nichols Cook, M.D.



Albert K. Holmes, M.D.



Mark Y. Ivens, M.D.



Charles H. Lindsey, M.D.



J. Franklin Murchison, M.D.



Paul Benjamin Pruet, M.D.



Darin S. Smith, M.D.



PREPARING FOR CATARACT SURGERY

Any kind of surgical procedure, even one as minimally invasive as cataract removal, can be daunting. We put our patients' minds at ease with excellent pre-op care in preparation for the big day. During your consultation appointment, your ophthalmologist will examine your eyes to determine whether or not cataracts are present and if removing them surgically is the best course of action. If cataract surgery is advised, they will make their recommendations, answer all of your questions, and prescribe special eye drops for you to administer before and after the scheduled surgery.

Our doctors perform surgical procedures at [Tennessee Valley Eye Center](#) (TVEC) on the 2nd Floor. They are located at: 140 Capital Dr. Knoxville, TN 37922.

[**Get Directions to Tennessee Valley Eye Center**](#)

After you choose your surgery date, TVEC will call you one to two days before that date to tell you what time to arrive.



BE SURE TO CLOSELY FOLLOW THESE DOs AND DO NOTs PRIOR TO SURGERY.

DO

- Use all prescribed eye drops as directed by your eye surgeon. Pick up your post-op eye drops from your pharmacy **BEFORE** your surgery.
- Wear loose, comfortable clothing. Your shirt must be button-up (no undershirts).
- You **MUST** be accompanied by a responsible adult driver who will remain at the TVEC surgical center or your **SURGERY WILL BE CANCELLED.**
- Nursing home patients must be accompanied by an adult or person possessing Power of Attorney for them.
- Notify your doctor of any changes in your health (illnesses, recent hospitalizations, tests, or surgery).

DO NOT

- If you arrive before 12 noon, **DO NOT EAT OR DRINK ANYTHING** past midnight including water, coffee, hard candy, or gum. If you arrive after 12 noon, you may **ONLY DRINK CLEAR LIQUIDS** until 7:00 a.m. Clear liquids include: water, black coffee, tea, Sprite, Coke, Jell-O, clear bouillon, or apple juice.
- **Do NOT** use any tobacco products after midnight.
- Take heart, blood pressure, seizure, breathing, and stomach medications with only a sip of water. **Do NOT** take insulin or oral diabetic medications the morning of surgery.
- **Do NOT** wear jewelry (including wedding rings), makeup, nail polish, or hairspray.
- Bring your current insurance cards, a photo ID, and medications (including eye drops) on the day of surgery. **Do NOT** bring any valuables.

Call Baptist Eye Surgeons at **865-579-3920** for specific questions about your cataract surgery. For questions pertaining to the surgical center, call Tennessee Valley Eye Center at **865-251-0338**



THE BIG DAY: YOUR CATARACT REMOVAL

Cataract removal surgery is one of the safest and most commonly performed surgeries in the United States at almost 3 million per year. Ninety-six percent of patients have excellent outcomes with no cataract surgery complications and achieve at least 20/40 uncorrected distance visual acuity. To achieve these great results, every eye surgeon operates under a set of standard procedures. While they may vary from surgeon to surgeon, here is general idea of what you can expect from our doctors at Baptist Eye.

STEP ONE. VERIFYING THE PATIENT

Before you undergo surgery, you'll be asked to verify your name, date of birth, and which eye your surgeon will be operating on. Most likely, you'll be asked to verify this information multiple times with different members of the surgical team.

While we try not to be redundant, repetitive confirmation has been proven to reduce wrong-patient errors in high-volume, busy surgical centers. Rest assured, we know who you are and we know exactly which eye we're operating on, but following these guidelines helps eliminate any chance of patient mix-up.

STEP TWO. VERIFYING THE EYE

After verifying your identity and confirming the correct eye again, your eye will be dilated with preoperative drops. While the increase in pupil size will make the eye to be operated on obvious to the surgical team, your surgeon may also write his initials in surgical marker next to the appropriate eye.



STEP THREE. VERIFYING THE LENS

Your lens will be checked and double-checked against your treatment sheet and intraocular lens (IOL) power calculations. As the lens is taken out of its implantation box, the surgical nurse will verbally confirm the power of the intended lens with the surgeon again before it's implanted.

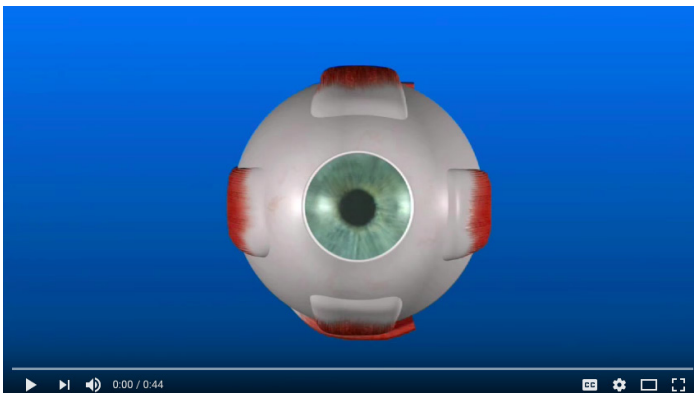
STEP FOUR. "PAUSE FOR THE CAUSE"

Right before an incision is made, the surgical team will take a time-out to confirm that everything has been done to avoid possible preoperative mishaps. More than likely, this will mean running through a checklist and verbally confirming the patient's name, date of birth, type of surgery, which eye, and IOL calculations.

STEP FIVE. LET THE GAME BEGIN

During cataract surgery, your eye surgeon will remove your clouded natural lens and replace it with a clear artificial lens called an **intraocular lens** (IOL). Your IOL will be unique to you in that it will be made using the same prescription as your glasses and/or contacts.

THIS **SHORT VIDEO** WILL WALK YOU THROUGH A **STANDARD CATARACT REMOVAL PROCEDURE.**



Have questions or concerns?

Be sure to address them with your eye surgeon before the big day so you can get a good night's sleep the night before. You can reach Baptist Eye Surgeons by calling **865-579-3920**



RECOVERING FROM CATARACT SURGERY

Cataract removal is a relatively simple procedure and takes about 10 minutes to perform during an average uncomplicated operation. Recovery time is also fairly minimal (about four weeks for complete healing), but there are a number of things you must do to keep it that way.

- Wear sunglasses on your drive home and any time you're outside for the first several days after surgery to limit your eye's exposure to the sun, as your eyes will be more sensitive to light.
- Keep the protective shield over your eye per your cataract surgeon's recommendations and while sleeping the first week after surgery to avoid accidentally rubbing your eyes while you sleep.
- Apply your antibiotic and anti-inflammatory eye drops exactly as prescribed to prevent infection and reduce internal inflammation.
- Avoid bending over immediately after the procedure as doing so puts unnecessary pressure on your eye.
- Do not drive on the first day of cataract surgery.



- Refrain from lifting heavy objects or other strenuous activity for the first week after surgery.
- Don't go swimming or use a hot tub the first week after surgery.
- An itchy eye is indicative of a healing eye, but do not rub or push on it even though you may feel the urge as you could damage your eye.
- Be careful not to expose your eye to unnecessary grime, dust, dirt, or wind during the first few weeks after cataract surgery. If you must, wear protective eyewear.
- Schedule a follow-up appointment for the day after your cataract surgery so your ophthalmologist can make sure your recovery is on track and there are no postoperative complications.

Within a few hours after discharge, you should be able to enjoy light television watching and computer use. Be sure to follow your ophthalmologist's post-operative instructions for the best recovery possible. If both eyes need cataract surgery, your surgeon will wait several days to weeks for the first eye to recover before moving forward with the second.

If you do experience any complications after cataract surgery [like those described here](#), be sure to schedule an appointment with your ophthalmologist so they can treat your symptoms right away.



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Are Cataracts Clouding Your Vision? Don't Wait to Schedule Your Cataract Surgery

As a leader in ophthalmology in the state of Tennessee, we strive to help our patients achieve their visual goals by making every cataract removal surgery as simple, straightforward, and pleasant as possible. If you have questions about your upcoming cataract surgery, if you need a cataract diagnosis, or if you just need to pick a surgery date, please fill out this **online form** to schedule an appointment or give us a call at 865-579-3920 today.

[CONTACT BAPTIST EYE SURGEONS](#)