

DOCTOR DISCUSSION GUIDE

Use this guide to help you prepare for your next appointment

Visit moretosee.org to learn more about cataract surgery and your lens choices.

Ophthalmologist (eye surgeon) Name and Contact Information: _____

Next Appointment: _____

DISCUSSING YOUR VISION GOALS:

Modern cataract surgery is a common, effective, and relatively quick procedure that involves replacing the eye's cloudy inner lens, called a cataract, with a prescription artificial intraocular lens (or IOL), which is designed to be permanent.¹ Your eye care professional is the only one who can advise you on all aspects of your cataract treatment. The more informed you are, the more prepared you will be to take an active role in developing a plan that's right for you and your lifestyle.

As with any surgery, cataract surgery has its risks.¹ Be sure to speak with your eye care professional about the risks associated with cataract surgery.

Your answers to the questions below will help your ophthalmologist to provide you with the information you need to make the best decision for your vision.

CHOOSING A LENS:

Available ranges of vision without glasses

My Lens Preference	Near	Intermediate	Distance	Astigmatism
<input type="checkbox"/> Monofocal			✓	Y/N
<input type="checkbox"/> Bifocal	✓		✓	Y/N
<input type="checkbox"/> Bifocal		✓	✓	Y/N
<input type="checkbox"/> Extended Depth of Focus Lens		✓	✓	Y/N
<input type="checkbox"/> Trifocal	✓	✓ (80 cm)	✓	Y/N
<input type="checkbox"/> Trifocal	✓	✓ (60 cm)	✓	Y/N

QUESTIONS FOR YOUR OPHTHALMOLOGIST:

1. Which lens would you recommend for me?
2. Do I have other eye pathologies/symptoms which might influence this choice?
3. Will I still need to wear glasses or contact lenses after cataract surgery?
4. What are the risks of cataract surgery?
5. How long does cataract surgery take?
6. How should I prepare for cataract surgery (e.g., do I need to stop any of my medications)?
7. How do I care for myself after cataract surgery?
8. When can I return to my usual activities?
9. Do I have any medical conditions which may affect my lens choice?

10. Other: _____

Notes: _____

1. National Eye Institute Staff. Facts About Cataract. National Eye Institute. September 2009. Available at https://nei.nih.gov/health/ataract/ataract_facts. Accessed August 13, 2018.



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