

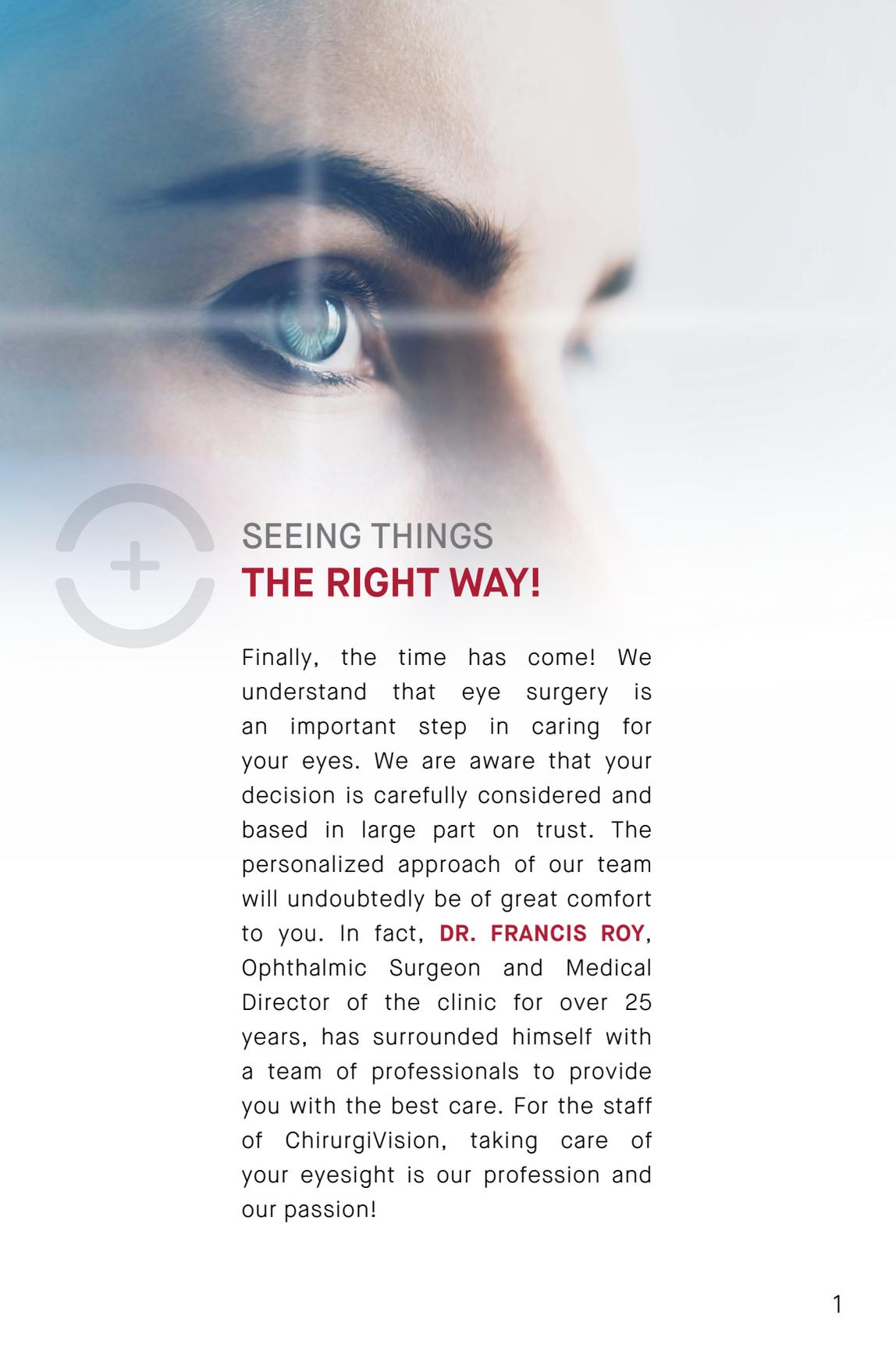


Intraocular lenses

PATIENT'S HANDBOOK

CHIRURGI
VISION  N





SEEING THINGS **THE RIGHT WAY!**

Finally, the time has come! We understand that eye surgery is an important step in caring for your eyes. We are aware that your decision is carefully considered and based in large part on trust. The personalized approach of our team will undoubtedly be of great comfort to you. In fact, **DR. FRANCIS ROY**, Ophthalmic Surgeon and Medical Director of the clinic for over 25 years, has surrounded himself with a team of professionals to provide you with the best care. For the staff of ChirugiVision, taking care of your eyesight is our profession and our passion!

PRE-OPERATIVE EXAMINATION

We determine the possibility of treatment and the pertinence of using one technique rather than another based on the results obtained during the pre-operative examination. If you are a good candidate for surgery, we can proceed with the planning of your procedure.

PAYMENT

Payment options include cash, direct payment (make sure the amount of the surgery will not exceed the security limit imposed by your bank branch), Visa, MasterCard, bank draft or certified cheque made payable to **Clinique ChirurgiVision T-R inc.**

FINANCING AVAILABLE

<p>6 MONTH INTEREST-FREE PERIOD: half of the total cost due on the day of the surgery and the other half payable in 6 equal instalments, starting the following month, or 1 instalment in 6 months (please note that we need a valid credit card for the upcoming payment(s) and that you must submit to a credit check).</p>	
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PLANNING YOUR SURGERY

Contact us to plan your surgery.

BY PHONE: 819 693-5757 or toll free 1 800 693-5657

ADDRESS: 579, rue Laviolette, Trois-Rivières G9A 1V6

Please note that our appointments are scheduled one month in advance.

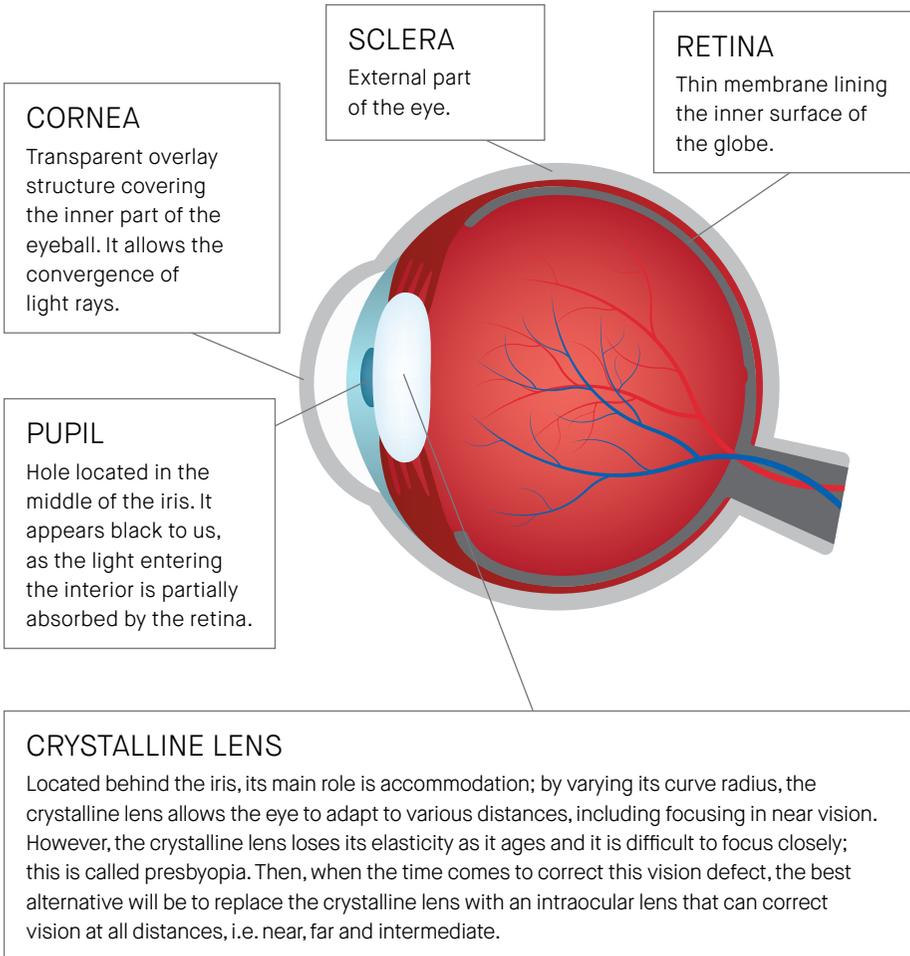
If your pre-operative examination was done by an optometrist in your area, they will send us the referral form and we will contact you when the file has been examined and approved by the surgeon. Please note that our appointments are scheduled one month in advance. Therefore, it is necessary to allow for a 2- to 3-week delay at the time of booking. A deposit of \$250 will be requested upon the reservation.

SOME ANATOMY: THE EYE

The eye is somewhat like a camera. It is made up of two natural lenses, the CORNEA, located in front of the iris, and the CRYSTALLINE LENS, located behind the iris.



TO PROVIDE THE MAXIMUM INFORMATION, HERE IS A DIAGRAM EXPLAINING THE ANATOMY OF THE EYE.



TECHNIQUES ADAPTED TO YOUR NEEDS

+ INTRAOCULAR LENSES

Although intraocular lenses have been used for over 50 years to replace the crystalline lens during cataract surgery, their use to correct visual problems such as presbyopia, hyperopia, myopia and even astigmatism is perhaps less well known.

In recent years, there have been many technological developments in the field of lenses correcting presbyopia. Most of them now correct near and far vision as well as intermediate vision, which is the one used when we are working on computers. Therefore, making the right choice of lenses for the patient's needs is one of the most important things to consider in this type of procedure. It is difficult for the patient to grasp the nuances between any of the lenses offered, which is why it is necessary to choose a surgeon with a very good knowledge of this type of lens and of what is available on the market.

+ PHAKE LENSES

Sometimes laser surgery is not indicated in some patients due to a significant visual problem (for myopia over $-10.00D$ and hyperopia over $6.00D$). It is then possible to implant a Phake lens (without removing the crystalline lens).

Used in Europe since 1990 and in Canada since 2000, these lenses are safe and effective. A large majority of patients have improved their visual quality after this surgery.



PREPARING FOR YOUR **PHACO REFRACTIVE, PHAKE LENSES, OR CATARACT SURGERY**

ESSENTIAL INFORMATION TO REMEMBER

- + To minimize infections, bathe or shower and wash your hair with shampoo the day before surgery.
- + If your surgery is scheduled in the morning, before 11 a.m., fasting is required from midnight the day before; if the surgery is after 11 a.m., **you can have a light meal** before 7 a.m. and then be fasting afterwards.
- + If you are taking medication, follow your usual prescription. **Bring all your drops with you on the day of surgery.**
- + Do not wear any jewelry, makeup, or perfume. Short nails, without nail polish and do not wear artificial nails.
- + Wear comfortable clothing.
Avoid tights or wearing a girdle.
- + A locked cloakroom will be at your disposal to store your belongings.

WHAT TO DO BEFORE?



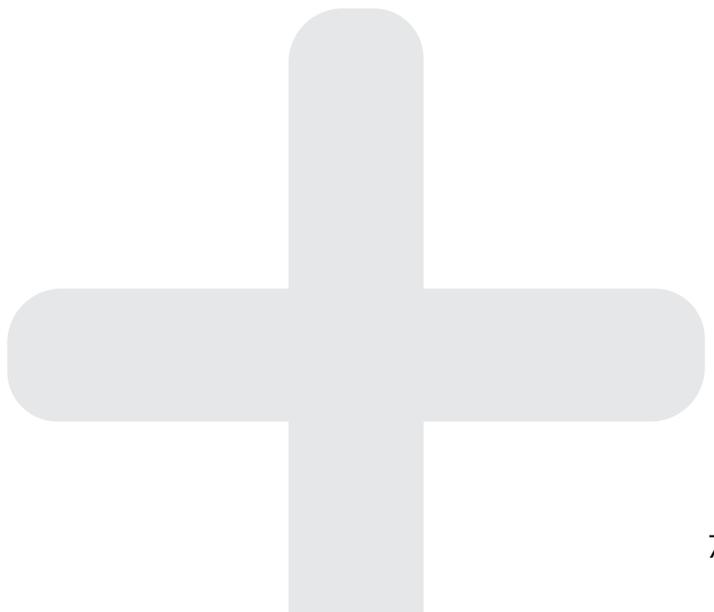
2 WO DAYS BEFORE SURGERY,
APPLY EYE DROPS

You will need to start putting the eye drops 2 days before the surgery. A prescription has been given to you or has been sent to your pharmacy. If you are already using drops to treat another eye condition, you will need to continue using them as usual. **When there is more than one kind of drops to apply, please wait 5 minutes between each application.** The instructions for continuing the drops will be provided on the day of the surgery. Store the bottles properly. If you are having bilateral surgery, you will need to have duplicate bottles, for the right eye and the bottles for the left eye.

Arrange to have someone take you home, as you will not be able to drive after the surgery. As you will be at the clinic for about 2 hours, make sure that this person is present when you leave. We recommend that a relative or friend be present after the surgery, for the first 24 hours. Also, when proceeding from a lying down to an upright position, do so slowly, especially at night, and be careful when moving around, as because the transparent shells, your vision might be blurred. It is best to avoid long car trips after surgery. In the event that you need to stay in a nearby hotel, it will be our pleasure to help you plan your stay.

Once again, if you wear contact lenses, you will have to remove them before your surgery, i.e.:

- + 1 week for soft contact lenses.
- + 2 weeks for toric lenses.
- + 3 weeks or more for gas permeable (hard) lenses. (Usually, vision fluctuations occur after you stop wearing hard contact lenses since the shape of the cornea changes. Although the cornea usually returns to its natural shape within three weeks, this process can take up to 6 months. Soft contact lenses can then be worn during this period).
- + If you have already removed your contact lenses for some time prior to the preoperative exam, the time frame may vary. We will confirm this duration when planning your intervention.



THE DAY OF THE SURGERY

As soon as you arrive, you will meet our communications officer to schedule your postoperative appointments and finalize your payment. You also received a consent form, which you will have taken the time to read carefully at home, in order for you to identify any questions or concerns that may remain. Please have it with you to discuss it with the surgeon before surgery.

Following this encounter, you will be taken care of by a nurse who will complete the exams as needed. You will then be taken to the reception desk of the operating room where we will provide you with surgical gown, a cap and shoe covers. Only upper body clothing must be removed. It is at this moment that we begin the preparations for surgery (taking vital signs, anesthesia of the eye, administration of a sedative and installation of an intravenous catheter); then after approximately thirty minutes, you will be taken to the surgery room to begin the procedure.

During the operation, you will be lying on a surgical chair and your head will be immobilized in order to limit your movements. The eye will be anaesthetized with a gel. You should not feel any pain during the procedure.

A large sterile sheet will cover your face and body; if you suffer from claustrophobia, tell the nurse to ensure your comfort.

Once the surgery is completed, we will keep you under observation for 20–30 minutes. A nurse will take this opportunity to review the postoperative instructions and will explain the dosage of the eye drops. Once at home, if you feel any pain or discomfort, you may take acetaminophen.

AND AFTER?

Even if the procedure was successful, we consider the postoperative follow-ups to be very important. All patients are seen **the day after** surgery at our clinic, then according to the plan in effect for the aftercare. In some cases of multifocal lenses, a visit with the surgeon may be added after 3 months.

If you have been referred by eye care professionals, you may be seen by these professionals in your area. Once the intervention date has been decided, you can notify them so that follow-ups can be scheduled. Please note that the optometrist following you must send us a report of your condition after each visit with them. In the event that the results do not meet the set objectives, we will re-evaluate and discuss the possible options with you.



REFRACTIVE SURGERY SIDE EFFECTS

A transparent protective shell will be placed on your operated eye, which you will remove yourself the next morning. You can resume driving a few days after your surgery.

In the following days and weeks, you will notice vision fluctuations between the beginning and the end of the day, or from day to the next. It is normal for vision to take some time to recover. You will be functional within the first week, but a full recovery takes 3 weeks to a month. Subsequently, symptoms such as a haze or mist may appear, possibly caused by the posterior capsule of the crystalline lens. A minimum waiting period of 3 months is necessary before performing a capsulotomy, a minor procedure that will usually solve this problem. The evening halos will gradually diminish over the following months, also depending on whether you tend to have dry eyes. Blood spots can also occur on the white of the eye, they are harmless and will disappear within the next 10 days.

Be aware that laser adjustments are possible 6 months after surgery if your vision is not to your satisfaction. As each eye is unique, the power of the lens may turn out to be different than expected. A PRK (surface laser) will be offered to finalize the correction. This treatment is included in cases of phaco refractive surgery with multifocal lenses.

RESTRICTIONS AFTER SURGERY WITH LENSES



FOR THE FIRST TWO WEEKS

- + Do not use mascara or other makeup.
- + Be careful when bathing or showering, avoid splashing shampoo or soap in your eyes.
- + Avoid sprays: hairspray, perfumes, insecticides.
- + Avoid head under water when swimming.
- + Avoid heavy manual work. Your daily activities can be continued without restriction.
- + Do NOT lift objects over 20 pounds.
- + You can bend over, but keep your head higher than your pelvis. Bend your knees instead!
- + **FOR ONE MONTH,** do not rub the treated eye.

Having your crystalline lens replaced by an intraocular lens will eliminate the risk of developing cataracts.

ACTIVITIES OR WORK	Recommended time frames	
	24 hours	2 weeks
<p>Personal care</p> <ul style="list-style-type: none"> • Bathe; • shower; • Gently dab the eye contour; • Shave. <p>Avoid splashing water or soap directly on your eyes.</p>	+	
<p>Personal care</p> <ul style="list-style-type: none"> • Use eye makeup (mascara, crayon and eyeshadow); • Apply chemical products on your hair (dye, perm). 		+
<p>Recreational activities</p> <ul style="list-style-type: none"> • Reading; • Watching television; • Working on the computer; • Walking without increasing your heart rate; • Cooking; • Shopping; • Going to a show; • Performing light housekeeping tasks. 	+	
<p>Water recreational activities</p> <ul style="list-style-type: none"> • Swimming; • Relaxing in a spa. 		+

Note: If you have any questions regarding resuming specific activities, please contact your eye care professional. **It is best to wait after the first-month postoperative follow-up before travelling!**

ACTIVITIES OR WORK	Recommended time frames	
	24 hours	2 weeks
<p>Driving a car With the authorization of your eyecare professional.</p>	+	
<p>Riding a motorcycle With a full-face helmet or motorcycle goggles.</p>		+
<p>Sports activities</p> <ul style="list-style-type: none"> • Lifting weight; • Brisk walking (Increased heart rate); • Jogging; • Bowling; • Playing racket sports; • Playing golf; • Swimming; • Diving. 		+
<p>Performing an activity or working in a dusty environment</p> <ul style="list-style-type: none"> • Being on a farm; • Gardening. 		+
<p>Performing an activity or working where there are risks of eye impact</p> <ul style="list-style-type: none"> • Undertaking construction work; • Leaning over lower than the waistline; • Carrying heavy loads (20 pounds). 		+
<p>Sexual relations</p>		+

APPOINTMENT CANCELLATION POLICY

Any patient who does not show up for the medical appointment, without notifying us at least 24 hours in advance, will have their appointment considered as service received. If the patient wishes to reschedule an appointment, he or she will then have to pay the related \$60 fee. To ensure that you can notify us in a timely manner, a voice mailbox is available to you, as well as an email address, **reception@chirurgivision.com**.

RIGHTS AND DUTIES OF PATIENTS

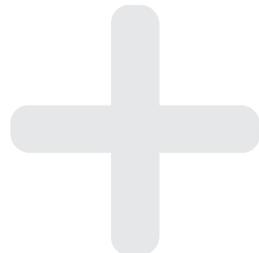
CHIRURGIVISION PATIENTS ARE ENTITLED TO:

- + Be treated with courtesy, fairness and understanding, in any intervention, and this with respect and acknowledgement of their dignity, their autonomy and their needs.
- + Be informed about the services offered and how to access them.
- + Be informed about their state of health, to have access to their file, to participate in professional discussions and to take part in the clinical decision, in order to provide informed consent regarding the care and services to be received.
- + Refuse a proposed treatment.
- + Be accompanied by a significant person and to be assisted if necessary.
- + Receive confidential services anytime and anywhere.

- + Receive personalized services of quality, on the scientific, human, social levels, in a safe manner.
- + Be informed, as soon as possible, of any accident occurring during the provision of services.
- + File complaints or comments with management.

PATIENTS, WHO RECEIVE SERVICES AT THE CLINIC, UNDERTAKE TO:

- + Make their needs and lifestyle known, to allow a precise and adequate assessment of their needs.
- + Participate in decision-making that concerns them.
- + Respect the privacy and integrity of staff and other patients and maintain courteous and respectful relationships with them.
- + Maintain personal hygiene as well as adequate clothing.
- + Recourse to the support of their relatives and appoint a significant person who can represent or accompany them when required.
- + Inform staff of their satisfaction with the services received or, otherwise, to express their dissatisfaction using the mechanisms provided for this purpose.



PROCEDURE IN CASE OF DISSATISFACTION

- 1** As a first step, you are invited to communicate any complaint or comment to a staff member or to the treating professional.
- 2** Secondly, you can fill a complaint form and present it to the clinic management, in the interest of both parties.
- 3** 30 days are provided to the clinic to follow up on a complaint and find a suitable solution.
- 4** The clinic confirms the settlement in writing and sends a copy to the patient.



Share

THE CHIRURGIVISION'S MISSION

which is to offer its patients diagnostic services as well as personalized surgical treatments and options of exceptional quality in the field of eye care. Rigorous and structured processes are in place to govern the services offered. Patient satisfaction and the results obtained are the most important indicators of the clinic's success.

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