

Cataract Surgery at the SHAMMAS EYE MEDICAL CENTER

Your Eye Surgeons



Maya C. Shammas, M.D.

Maya Shammas, M.D. is a comprehensive eye surgeon who specializes in the medical and surgical treatment of eye diseases. She comes with impressive credentials. She is a UCLA alumnus where she received her undergraduate degree with Honors. She then received her Medical Degree from Weill Medical College at Cornell University in New

York City. She practiced ophthalmology at New York Presbyterian Hospital of Cornell University for three years. While in New York, she was involved in special research projects regarding glaucoma and cataract surgery.

Dr. Maya Shammas is an expert in laser treatment and intraocular injections for the treatment of macular degeneration, glaucoma and diabetic eye diseases. She has a special interest in cataract surgery, utilizing the latest no-stitch surgical techniques. Dr. Maya has recently been featured as a "Super Specialist" in LA Magazine for her outstanding work. More importantly, her academic qualities are enhanced by her compassionate nature and her caring attitude towards her patients.



Renu Jivrajka, M.D.

Renu Jivrajka, M.D. specializes in the medical and surgical treatment of the eye's anterior segment diseases including cataracts and glaucoma, using the most advanced technologies. She is an expert in glaucoma surgery including filtering procedures as well as being a skilled cataract surgeon. In addition she is highly proficient in managing medical retinal disorders including diabetic retinopathy and macular degeneration with the use of intra-vitreous medications.

She comes from an extremely qualified background graduating cum laude from the University of California Berkeley. She went on to receive her medical degree at the University of Southern California (USC) and completed her training in Ophthalmology in Chicago at the Eye and Ear Infirmary. She then elected to pursue advanced training with a fellowship in glaucoma at the prestigious Jules Stein Eye Institute at UCLA.

Dr. Renu Jivrajka published various research articles, including a paper on cataract surgery in the number one journal, Ophthalmology. She received an award from the American Academy of Ophthalmology for this valuable work. Dr. Renu loves to develop long lasting relationships with her patients and strives to help them maintain the best vision possible.



H. John Shammas, M.D.

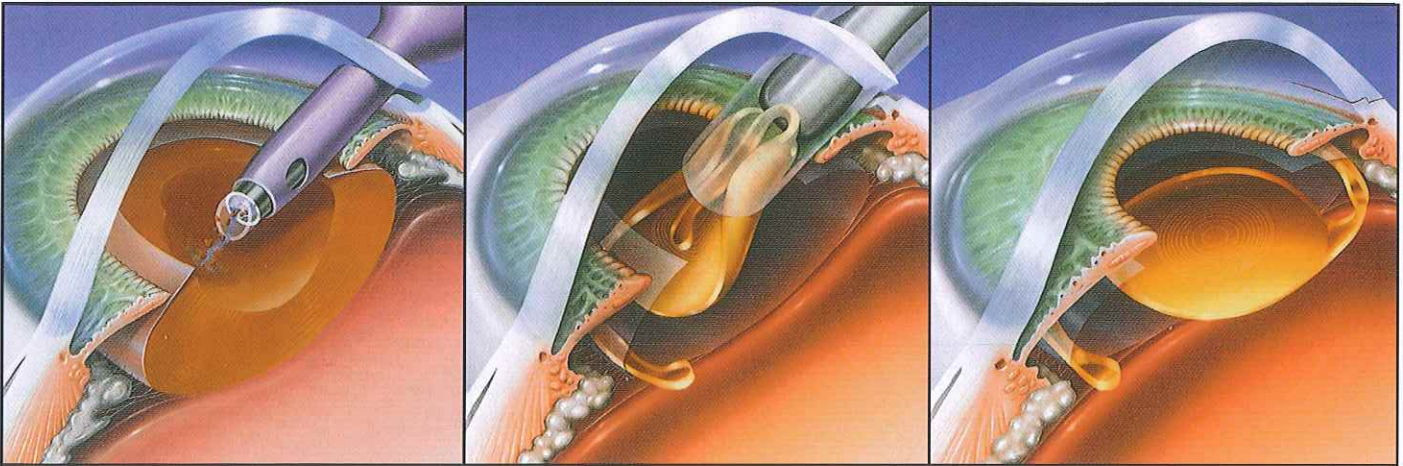
H. John Shammas, M.D. is a Clinical Professor at the University of Southern California (USC).

Dr. John Shammas is a specialist in laser and small incision cataract surgery that allows an amazingly fast post-operative recovery. He is a regular lecturer at the American Academy of Ophthalmology, the American and European Societies of Cataract and Refractive Surgery, and at the International Society of Ophthalmic Ultrasound. He is the author of multiple audiotapes and videotapes on axial length measurement and intraocular lens calculation, using the Shammas formulas.

Dr. John Shammas has published approximately 150 original articles in the American and international literature and six medical books on ultrasonography, IOL power calculations and cataract surgery.

Cataract Surgery

Cataract is the clouding of the natural lens of the eye.
Cataract surgery removes the cloudy lens and replaces it with a clear intraocular lens.



COURTESY ALCON, INC.

Through a very small incision, the cataract is emulsified into small pieces using high frequency ultrasound. It is then aspirated from the eye.

The natural way to restore vision after cataract removal is by implanting an intraocular lens. The implant is placed in the same position as the natural lens.

The intraocular lens is a small artificial lens made of acrylic material. The lens requires no care, remains in the eye permanently, and is not felt by the patient.

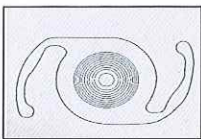
YOUR CHOICE OF INTRAOCULAR LENS

The need to wear glasses after cataract surgery is dictated by your choice of implant.

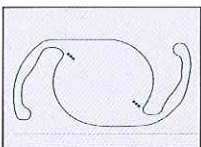
With a standard conventional implant, most patients will need bifocal glasses for distance and reading. You can decrease your dependence on glasses after cataract surgery by choosing one of the Premium implants described in this brochure.

Until recently, *standard* "conventional" intraocular lenses were the only implants available. Bifocal glasses are usually needed after surgery to allow clear vision for distance and for reading.

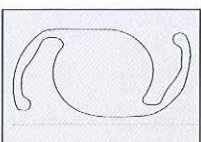
You can now benefit from advanced technology by choosing a "Premium" lens instead. "Premium" lenses are *custom made* and may decrease your dependence on glasses after surgery.



I want to decrease my dependence on glasses for distance and for reading.
I choose a "Premium Bifocal Intraocular Lens".
The additional charges are \$2,700.00 per eye.
Any pre-existing astigmatism will also be corrected. (*).



I want to decrease my dependence on glasses for distance and I don't mind wearing glasses for reading and computer work. I choose a "Premium Toric Intraocular Lens" to correct my astigmatism.
The additional charges are \$1450.00 per eye (*).



I wouldn't mind wearing bifocal glasses.
I choose a standard "Conventional Intraocular Lens"
I only have to pay my deductible and co-pay, if any (*).

(*) Medicare and all insurance companies will cover the cataract surgery and the use of a conventional implant. When a "premium" implant is used, Medicare and all insurance companies will still cover the cataract surgery. However, the use of the "premium" implant and all related services are considered only partially covered. In addition to your deductible and co-payment, you will be personally responsible for the additional charges.

PREMIUM BIFOCAL INTRAOCULAR LENS

HAVE A CLEARER DISTANCE AND READING VISION

With its advanced lens technology, the Premium Bifocal Intraocular Lens is designed to allow patients to see clearer for distance and for reading without bifocals or reading glasses.

The cost of a Premium Bifocal Intraocular Lens is partially covered. Medicare and all other insurance companies cover the costs of the cataract surgery and of a conventional lens. The charge for a Premium Bifocal Intraocular Lens is \$2,700.00 per eye, in addition to any deductible and co-payment amount.

Carecredit with 0% financing available!

DO NOT EXPECT TO BE COMPLETELY FREE OF GLASSES

Recent studies have shown that 80 to 90% of patients who received this implant were spectacle-free for distance and reading. You might still need glasses for certain tasks as driving at night or reading small print. The intermediate vision, such as the computer distance is the most difficult to correct.

Vision is usually very blurry for reading with a standard intraocular lens, necessitating the use of bifocal glasses.



Vision is usually clearer for distance and for reading with a ReSTOR bifocal intraocular lens.

PREMIUM TORIC INTRAOCULAR LENS

HAVE A CLEARER DISTANCE VISION

With its advanced lens technology, the Premium Toric Intraocular Lens corrects some or all pre-existing astigmatism and allows patients to see clearer for distance without glasses.

Astigmatism is a common corneal irregularity where the surface of the cornea has an uneven curvature that causes vision to be distorted. This condition commonly requires glasses for distance and for reading to correct the visual distortion.



Vision with cataract and astigmatism is clouded and blurred.



Pre-existing astigmatism is not corrected after cataract surgery and the insertion of a standard intraocular lens. Glasses are needed to correct the distortion and clear the vision.



Vision is much clearer after cataract surgery and the insertion of a Premium Toric Intraocular Lens that corrects the pre-existing astigmatism.

The cost of a Premium Toric Intraocular Lens is partially covered. Medicare and all other insurance companies cover the costs of the cataract surgery and of a conventional lens. The charge for a Premium Toric Intraocular Lens is \$1450.00 per eye, in addition to any deductible and co-payment amount.

Carecredit with 0% financing available!

DO NOT EXPECT TO BE COMPLETELY FREE OF GLASSES

Recent studies have shown that 97% of patients who received this implant in both eyes were spectacle-free for distance vision. This implant does NOT correct for intermediate and near vision, and you will be expected to wear reading glasses.

SHAMMAS EYE MEDICAL CENTER OFFICES

LYNWOOD: 3510 Martin Luther King Jr. Blvd., Lynwood, CA 90262, (310) 638-9391

DOWNEY: 8409 Florence Ave., Ste. 100, Downey, CA 90240, (562) 862-4444

LA HABRA: 623 W. La Habra Blvd., La Habra, CA 90631, (562) 690-8887

WHITTIER: 7957 Painter Ave., Ste. 203, Whittier, CA 90602, (562) 464-0590

Frequently Asked Questions

Do I need approval from my insurance company?

Most insurance companies require prior authorization for cataract surgery. M/S Surgery Center and the Shammass Eye Medical Center are dedicated to make the process a smooth one for you. Our nurses will fill out all the necessary forms and will obtain authorization from your insurance company. When the authorization is received, we will call you to schedule the surgery at your convenience.

Do I need any special tests before the surgery?

Once the permission for your eye surgery is obtained, you will have a special teaching session on what to expect before, during, and after the surgery, and to make sure that all your questions are answered. Family members are welcome to attend. An ultrasound exam is performed to measure the precise dimensions of the eye and to determine the actual power of the lens implant needed for surgery. A check-up will be performed in our offices to determine your health condition.

Do I have to use eye drops?

You will use antibiotic and anti-inflammatory eye drops in the eye to be operated, three times per day for 3 days before your surgery.

You will resume the same eye drops to the operated eye after the patch is removed the day after your surgery.

How about my regular medications?

You will be instructed on your medications during your teaching session. Normally, on the day of surgery, you can take your heart and blood pressure medications with a sip of water. Insulin or other medications are delayed until after the surgery.

In most cases, you can resume taking your medications as usual, once you go home.

What about food restrictions?

Before the surgery, you should not eat or drink for at least 8 hours. You may resume your normal diet once you return home from the Surgery Center.

Is the surgery painful?

The surgery is normally painless and most patients are operated under local anesthesia. The heart, blood pressure, pulse, oxygen saturation and respiration are monitored by the anesthetist who administers medications to ensure painless surgery. We usually recommend two Tylenol tablets for any minor discomfort after the surgery.

How long do I keep the patch?

Before leaving the Surgery Center, you will be given an appointment to see the eye doctor the following day, usually at the same office where you are normally seen. The patch will be removed and the eye will be checked. However, the first week you still need to use the eye shield (without a patch) at night for protection.

Any restrictions after surgery?

The first week after surgery, you should avoid doing anything that creates a physical strain. In general, it is no problem if activities are kept in moderation. You can bathe and shower normally but should avoid getting soapy water in the eye. Most regular activities can be resumed after one week.

Also, the operated eye is very sensitive to light. We advise you to use dark glasses outdoors, especially the first week.

When can I have the second eye done?

If the other eye has a cataract and needs surgery, the best time to discuss it with your surgeon will be one week after surgery, once it has been established that the first operated eye is healing well. A new authorization will be needed from your insurance company.

To schedule cataract surgery, please contact us:

M/S SURGERY CENTER, LLC

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3510 Martin Luther King Jr. Blvd
Lynwood, CA 90262

(310) 608-1742 • FAX (562) 696-0319



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www.ShammassEye.com