



Cataract Surgery: Design Your Vision



New York
Eye and Ear
Infirmary of
**Mount
Sinai**

*Center for
Refractive Solutions*

Welcome to the Center for Refractive Solutions at New York Eye and Ear Infirmary of Mount Sinai

The Center for Refractive Solutions (CRS) at New York Eye and Ear Infirmary of Mount Sinai (NYEE) offers the most advanced vision correction and cataract surgery services to optimize visual function and reduce



dependence on eyeglasses and contact lenses. Our board certified ophthalmologists are leaders in the field and employ the latest technology to improve vision in people who are nearsighted, farsighted, or have astigmatism.

Patients seeking to enhance their vision will benefit from customized treatment plans and will receive the highest standards of care. Our team is here to help navigate the process, answer questions, and make the journey to better vision as smooth as possible.

Design Your Vision to Fit Your Lifestyle

Cataracts are a natural part of aging; the lens of the eye gradually loses its transparency and develops opacities that interfere with its ability to produce a sharply focused image. Your ophthalmologist will monitor cataract development and its effect on your visual function during your annual eye exams and advise when the time is right for surgery. During cataract surgery, the cloudy natural lens is removed and replaced with an artificial intraocular lens (IOL) that will enable you to see more clearly. During your consultation, you and your doctor will review all of the available IOL options based on your eye health and vision goals, address any questions you may have, and help you decide which IOL is best.

Why Choose NYEE for Your Cataract Surgery?

NYEE is a recognized leader in cataract surgery. Our surgeons are among the busiest and most experienced in the country, handling thousands of cases a year and teaching the next generation of cataract specialists. From routine cataract surgery to complex procedures



resulting from chronic eye diseases or trauma, NYEE is a major referral center in the tristate area and one of the most respected specialty eye hospitals and academic centers nationwide.

Preparing for Your Consultation

To ensure the best possible outcome from your surgery, it is important for you to discuss your visual needs during your preoperative consultation. It is also important to bring any records from past ophthalmic examinations so your surgeon can fully assess your ocular health history.

When considering which type of IOL to choose, please consider the following:

- What do you spend most of your time doing at work? At home?
- What are your hobbies?
- How important is distance vision to you (driving, golfing, or skiing)?
- How important is mid-range vision to you (computers, cooking, grocery shopping)?
- How important is near vision to you (reading, smartphones, sewing, crafts, puzzles)?
- Do you want to reduce the need to wear glasses after surgery?

Our specialists will help you determine the type of intraocular lens that can deliver the best results to fit your vision needs and lifestyle.

Choosing Your Intraocular Lens

Today, patients have a wide variety of IOL options, giving them the ability to not only regain their vision but, in some cases, eliminate the need for eyeglasses or contact lenses after the surgery.

Standard IOL:

This monofocal lens is designed to correct vision at one distance only: near, intermediate, or far. Because this is a single-focus lens, patients may still need eyeglasses or bifocals after the surgery in order to see clearly at all distances.



Multifocal IOL:

Patients who want to reduce dependence on eyeglasses or contact lenses may benefit from multifocal IOLs. These implants are similar to progressive glasses with different focusing strengths built into the lens, allowing the eye to focus at multiple distances while minimizing the need for glasses following surgery. Each IOL has its own advantages and disadvantages, which your surgeon will discuss with you in detail. Patients with an active lifestyle can benefit from glasses-free IOL options.

Extended Depth of Field IOL:

This type of multifocal lens enables clear distance and intermediate vision. For most patients, this advanced lens technology may require the use of reading glasses for small print (i.e., a medicine bottle).



Toric IOL:

Astigmatism-correcting lenses, called toric lenses, can permanently correct astigmatism at the time of cataract surgery. Multifocal toric implants are also available, which correct for near and far distances as well as astigmatism.

Light Adjustable Lens (LAL):

A light adjustable lens offers patients a higher level of customization and superior visual outcomes tailored to the individual patient's needs. Our physicians can fine-tune the lens power after the initial surgery. The ability to have the vision adjusted to your precise prescription brings a new level of accuracy that other lenses don't offer.

Pinhole Intraocular Lens:

This lens corrects near, intermediate, and far vision. The human brain processes the different visual signals from each eye into a single picture.



Our website offers additional information about cataract surgery, helpful FAQs, and informative videos about IOL options.

Visit nyee.edu/CRS.

New York Eye and Ear Infirmary of Mount Sinai: Outstanding Patient Care and Extensive Experience

NYEE is a national leader in the diagnosis and state-of-the-art treatment of common and complex eye diseases. Staffed by a multispecialty team with expertise in glaucoma, retina, cornea, neuro-ophthalmology, and oculoplastics, and supported by the latest diagnostic technology and surgical techniques, NYEE offers the highest level of expertise and superior surgical outcomes.

NYEE is a premier training institution with the largest ophthalmology residency program in the country, dedicated to educating future eye care physicians. Our physicians, nurses, and staff are committed to providing personalized, high-quality medical care to every patient who walks through our doors.



**New York
Eye and Ear
Infirmary of
Mount
Sinai**

*Center for
Refractive Solutions*

**Center for Refractive Solutions
at New York Eye and Ear Infirmary
of Mount Sinai**

310 East 14th Street, Suite 219S
New York, NY 10003
nyee.edu/CRS

**To make an appointment,
call 212-979-4118.**

**For more information,
visit nyee.edu/CRS.**

Our Physicians:

Kira Manuisis, MD

*Director, Center for Refractive Solutions and
Co-Director, Cataract Surgery Services
New York Eye and Ear Infirmary of Mount Sinai
Associate Professor, Ophthalmology
Icahn School of Medicine at Mount Sinai*

Sumayya Ahmad, MD

*Associate Professor, Ophthalmology
Icahn School of Medicine at Mount Sinai*

Yandong (Yanna) Bian, MD

*Assistant Professor, Ophthalmology
Icahn School of Medicine at Mount Sinai*

Masako Chen, MD

*Director, Comprehensive Ophthalmology
New York Eye and Ear Infirmary of Mount Sinai
Assistant Professor, Ophthalmology
Icahn School of Medicine at Mount Sinai*

Anita Gupta, MD

*Director, Cornea Service and
Vice Chair, Professional Development
New York Eye and Ear Infirmary of Mount Sinai
Associate Professor, Ophthalmology
Icahn School of Medicine at Mount Sinai*

Angie Wen, MD

*Director, Keratorefractive Surgery Division
New York Eye and Ear Infirmary of Mount Sinai
Associate Professor, Ophthalmology
Icahn School of Medicine at Mount Sinai*



*Center for
Refractive Solutions*