SECTION 1 • CATARACT BASICS

UNDERSTANDING CATARACTS

SYMPTOMS, ANATOMY & SURGERY

Reference: Book Pages 8 – 10 (What is a Cataract?)

The eye's natural lens focuses light like a camera. With age, proteins clump together, turning the clear lens cloudy. A cataract is not a growth or film over the eye - it is the clouded natural lens itself.

Common Symptoms (Even With Glasses)

- Hazy, foggy, or blurred vision at distance and near
- Harsh glare and starburst halos from headlights at night
- Colors appearing faded, muted, or yellowish
- Needing extra-bright light to read small print

HOW MODERN CATARACT SURGERY WORKS

Cataract surgery is a gentle lens replacement. Through a tiny microscopic incision (2–3 mm, less than 1/8"), gentle ultrasound energy dissolves and removes the clouded lens. A clear, permanent artificial lens (IOL) is then unfolded in place.

No Stitches & No "Ripening" Needed: Modern surgery requires no sutures. You do NOT need to wait until a cataract is "ripe"—have surgery when vision interferes with your quality of life.

Will Cataracts Ever Return? (Book p. 21)

No. However, months or years later, the supporting membrane can become hazy (a "secondary cataract"). This is quickly and painlessly cleared with laser procedure covered by insurance

YouTube

Watch educational videos by Dr. Jackson on YouTube: search "Dr. Jackson and Cataract Surgery"

SECTION 6 • POST-OP GUIDE

RECOVERY RULES & SAFETY

PROTECTING YOUR VISION & FOLLOW-UP

Reference: Book Pages 20, 21, 35 & 37

ACTIVITY RESTRICTIONS (FIRST 7 DAYS)

- **Wear Eye Shield:** Wear plastic shield 24 hrs on Day 1, and every night while sleeping for 7 days.
- **Do NOT Rub or Press:** Rubbing could open the self-sealing 2–3mm incision.
- **No Heavy Lifting:** Nothing over 30 lbs. No bending at waist (bend at knees). Avoid high-impact exercise.
- **Water Safety:** Showering allowed after Day 1 (keep eye closed, pat dry). No swimming or submerged baths for 7 days.
- **Intimate Activities:** Safe to resume after 3 days.

Required Follow-Up Visits

- **Day 1 Post-Op:** Vision & eye pressure check (driver required)
- **Week 1–2:** Healing
- **Month 1:** Final exam with doctor/optometrist

24/7 URGENT WARNING SIGNS

Call immediately if you experience: severe headache/eye pain, nausea/vomiting, dramatic decrease in vision, flashes of light, or multiplying floaters.

EMERGENCY / AFTER- HOURS LINE
(928) 224-0536
Our on-call service connects directly with your surgeon 24/7/365.

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JACKSON EYE CENTER

PATIENT QUICK REFERENCE

PATIENT GUIDE TO CATARACT SURGERY

Key Essentials & Milestone Roadmap



Swiss-Inspired Facility: Accredited outpatient surgical center located right here in Kingman, AZ

World-Class Surgeon: Todd L. Jackson, M.D., MPH complex cataract specialist, 20,000 surgeries performed.

99% Dropless: Modern medication delivery minimizes messy eye drops after surgery.

Digital Cataract Book

This summary brochure highlights vital steps from your 40-Page Cataract Guidebook. Please keep both handy before and after surgery