

A cataract is a gradual clouding of the eye's natural lens that causes blurry vision, faded colours, and increased glare — particularly at night. Cataracts cannot be corrected with glasses; the only effective treatment is surgery to remove the cloudy lens and replace it with a clear artificial lens called an intraocular lens (IOL). The procedure takes approximately 15–30 minutes under local anaesthesia, and most patients notice improved vision within days. **The lens you choose determines how much you rely on glasses after surgery.** At Lumea, we offer a full range of premium lens options tailored to your lifestyle. **Premium lens options are not fully covered by OHIP and require an additional cost** — your care team will discuss pricing with you during your consultation.

UNDERSTANDING VISION DISTANCES

FAR

Driving, TV, golf,
recognizing faces across
a room

INTERMEDIATE

Computer, dashboard,
cooking, shopping

NEAR

Phone, books, medication
labels, fine print

FIVE PLANS — FROM BETTER OPTICS TO FULLY CUSTOMIZED

GLASSES EXPECTED

GLASSES REDUCED

FULLY CUSTOMIZED

Night Plan

Near Glasses

No Glasses Plan A

No Glasses Plan B

Light Adjustable

THE PLANS IN DETAIL

Night Plan

Better optics · Less glare

PREMIUM MONOFOCAL

An aspheric premium lens with advanced optical design that reduces glare and halos at night compared to a standard lens. **This plan does not reduce your need for glasses** — you will wear prescription glasses for all distances. It is the right choice if you want the simplest post-surgical goal and better night-time visual quality.

Best for: patients who are comfortable wearing glasses and whose main concern is visual quality and less glare at night.

AFTER SURGERY

Far — may need glasses

Computer — glasses expected

Reading — glasses expected

Near Glasses Plan

Clear distance · Glasses for close up

PREMIUM MONOFOCAL ± TORIC

Targeted for clear distance vision without glasses — driving, TV, golf, faces at a distance. Glasses are still expected for the computer and reading. If you have astigmatism, a toric lens can correct it at the same time.

LASIK is available as a refractive safety net if the distance outcome needs fine-tuning after surgery.

Some patients prefer the reverse target — clear near vision without glasses, continuing to wear glasses for distance. Ask your consultant if this applies to you.

AFTER SURGERY

Far — expect no glasses

Computer — glasses needed

Reading — glasses needed

No Glasses Plan A

Maximum range · Trifocal

TRIFOCAL ± TORIC

Designed for the broadest glasses independence — far, intermediate, and near vision in most daily situations. Often the most glasses-free option when your eye is a good candidate.

Trade-off: increased likelihood of glare or halos around lights at night. Best suited to patients who drive little at night or can accept this trade-off for the gain in independence from glasses.

LASIK available if fine-tuning is needed after surgery.

AFTER SURGERY

Far — expect no glasses

Computer — expect no glasses

Reading — expect no glasses

No Glasses Plan B

Distance + computer · Lower glare

EDOF ± TORIC

Strong far and intermediate vision — driving, TV, computer, dashboard — with fewer night glare effects than a trifocal lens. Reading glasses may still be needed for fine print, unless one eye is set slightly closer for reading (mini-monovision).

A good option for frequent night drivers who want to reduce glasses dependence without the glare trade-off of a trifocal.

LASIK available if fine-tuning is needed after surgery.

AFTER SURGERY

Far — expect no glasses

Computer — expect no glasses

Reading — may need readers

NEWEST TECHNOLOGY

NEWEST TECHNOLOGY

Light Adjustable Lens (LAL)

10x

more likely to hit
predicted outcome vs
standard lens

8/10

ophthalmologists
would choose LAL for
themselves

The only lens adjusted after surgery.

The LAL is the only lens that can be fine-tuned after it is already in your eye. Once your eye heals, a brief UV light treatment reshapes the lens — up to three times — until you and your surgeon are satisfied with the result. Then it is permanently locked in.

Vision is customized to your real-world experience and lifestyle: night driving, computer work, reading, sport, or a blended approach combining distances.

Requires: additional post-operative visits, UV-protective sunglasses outdoors until lock-in, and consistent use of drops as directed.

HOW THE PROCESS WORKS

1. Cataract surgery is performed and the LAL is placed in your eye.
2. Your eye heals for approximately one month.
3. UV light treatments adjust the lens power at follow-up visits.
4. You trial your vision in daily life between visits.
5. Once satisfied, the lens is permanently locked in.

Fully customized to your lifestyle

Lumea was the first centre in Canada to offer LAL technology. Your consultant will confirm at your appointment whether your eye is a suitable candidate.

Refractive Lens Exchange (RLE) — No cataract diagnosis? RLE uses the same surgical technique and the same premium lens options as cataract surgery, but is performed on patients who do not yet have a cataract — typically those over 45 with significant prescription who are looking to reduce glasses dependence and prevent future cataracts. Ask your consultant at your appointment whether RLE may be appropriate for you.

BEFORE YOUR APPOINTMENT — THREE QUESTIONS TO CONSIDER

01

How important is reducing your dependence on glasses in daily life?

02

How often do you drive at night? Glare and halos are a meaningful factor for frequent night drivers.

03

Which distance matters most — driving, computer, reading, or a mix? Think about your hobbies too.

This document is for educational purposes only. Your surgeon and care team will confirm which plan is appropriate based on your prescription, astigmatism, eye health, dry eye, and lifestyle.

