



Get back to better vision with RCS

A guide to understanding
Refractive Cataract Surgery
(RCS)

See things differently.

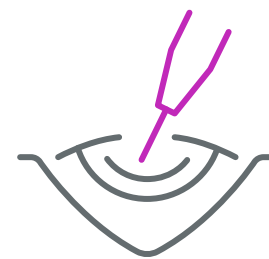
Hello

Thank you for your visit and entrusting us with your vision corrective procedure. We hope that your consultation today left you feeling confident that Lumea is the right choice for you.

Our commitment is YOU. While our processes, techniques and cutting-edge technology provide exceptional results, it's our dedication to delivering first-class patient care that makes us different.

We know you have choices. Our hope is that you're one step closer to choosing us.

[Learn more](#) about what makes us unique.



Understanding RCS

Patients diagnosed with cataracts, or clouding of their natural crystalline lens, will benefit from Refractive Cataract Surgery (RCS) to both restore vision as well as correct refractive error (near-sightedness, far-sightedness, or astigmatism).



In RCS, the patient's natural crystalline lens is removed via ultrasound (phacoemulsification) through a microscopic incision and replaced with a clear artificial intraocular lens (IOL) more suitable to the patient's eye shape. Due to the extremely small size of the incisions and ample pain control, most patients will experience nearly no pain during the extremely short surgery. Having exclusive access to the most advanced IOL technology in the world, Lumea surgeons can correct BOTH patients' distance AND reading vision with unprecedented satisfaction and accuracy.

Early side effects of RCS may include swelling, increased eye pressure, inflammation or rarely, infection. Patients may also experience temporary dry eye or temporary glaring around lights in the evening (depending on the IOL type that is chosen). Essentially all side effects can be successfully treated with medications and allowing the eye to fully heal from surgery..

Ideal candidates for RCS have:

- Been diagnosed with cataracts
 - Any refractive error (near-sightedness, far-sightedness, astigmatism)
 - A desire for distance + / - near vision correction
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SURGERY LENGTH

- 30 minutes

ANAESTHESIA

- Local with IV sedation

SIDE EFFECTS

- Dry eyes
- Irritation
- Temporary night glare

RISKS

- Infection
- Temporary swelling or inflammation
- Increased eye pressure

RECOVERY

- Discomfort 12-24 hours
- Vision 3-7 days
- Exercise 5-7 days
- Make up 7-14 days

FINAL VISUAL OUTCOME

- 2-4 weeks
- Dry eyes typically resolve in 4-8 weeks

DOWNLOAD INSTRUCTIONS

- Before your procedure (pre-op)
- After your procedure (post-op)

Leading the way with the latest in Catract Surgery LAL



The Light Adjustable Lens (LAL) is the first and only lens that can be modified AFTER surgery to optimize visual outcomes. This means cataract patients can trial and customize their vision up to three (3) times before locking it in, offering the most precise results available.



LAL provides the highest quality vision according to the patients needs. Studies show:

2X

Achieve 20/20 or better vision without glasses 2X as often as any other lens technology.

10X

Patients with LAL are 10x more likely to achieve the predicted visual result compared to a standard monofocal.

8/10

ophthalmologists would choose LAL if they were having cataract surgery.

Prior to cataract surgery, extensive measurement of the eye is required to allow surgeons to predict best visual outcome. Despite the most advanced measurement technology available, outcomes may not always be as expected. But, LAL can change that. Its revolutionary technology provides the ability to reshape the lens after surgery up to **3X**. Through fine-tuning with the use of UV light, LAL can provide patients the most precise results with their vision.

Download our [LAL Brochure](#) to learn more.

Ideal candidates for LAL have:

- Been diagnosed with cataracts
- Any refractive error (near-sightedness, far-sightedness, moderate astigmatism)
- A desire for distance + / - near vision correction

SURGERY LENGTH

- 5-15 minutes for cataract surgery and IOL implantation
- 90 seconds for each light adjustment

ANAESTHESIA

- Local with oral sedation

SIDE EFFECTS

- Dry eyes
- Irritation
- Temporary night glare

RISKS

- Infection
- Temporary swelling or inflammation
- Increased eye pressure

RECOVERY

- 4 weeks for surgery
- Light adjustment begins 4-8 weeks after surgery

FINAL VISUAL OUTCOME

- Requires 1-3 light adjustments
- Most patients have their final "lock in" treatment at 7-10 weeks
- The LAL achieves binocular 20/20 vision or better and J3 to J1 reading vision in greater than 80 percent of patients choosing blended vision.

INSTRUCTIONS

- Patients **MUST** wear special UV protection sunglasses when outdoors until the final "lock in" treatment is completed



Get to know your surgeon

Dr. Baseer Khan

MD, FRCSC

Glaucoma, cataract, anterior segment and refractive surgeon

Dr. Baseer Khan is an internationally respected ophthalmologist, serving as a global and national consultant and thought leader for many top industry-related partners and organizations. Prior to founding Lumea, he opened Clarity Eye Institute – the largest ophthalmic group in Ontario – and remains active in the business today. His vision to ensure the best patient care and experience is the foundation in which Lumea has been created.

After graduating top surgical resident in the ophthalmology program at University of Toronto, Dr. Khan went on to sub-specialize in complex anterior segment reconstruction and glaucoma surgery. Upon completion, he spent three years working as an associate in multiple practices before deciding to open his own practice. In 2009, he founded Clarity Eye Institute, a private surgery clinic (and sister-company to Lumea) and has been growing the business to multiple locations across the GTA. He also holds an active medical license to practice in Jamaica and works alongside three other ophthalmologists in Montego Bay.

In addition to his surgical and consulting work, Dr. Khan has also served as principal investigator on many medical and surgical trials in both the cataract and glaucoma space and continues to educate and share knowledge through the several advisory boards on which he sits.

Dr. Khan is currently the Chief of Ophthalmology at Southlake Regional Health Centre in Newmarket, and is on staff at Mount Sinai Hospital, Kensington Eye Institute and North York General Hospital.

[Learn more about Dr. Khan](#)



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Through our desire to always have the latest and greatest technology, along with the top surgeons on staff, we are committed to providing the best care for eyes and for the world through our Lumea-led sustainability efforts and extensive humanitarian work.

DR. BASEER KHAN

Get to know your surgeon

Dr. Paul Sanghera

MD, FRCSC

Cataract and refractive surgeon

Dr. Paul Sanghera is a nationally renowned cataract and refractive surgeon. Having performed more than 25,000 intraocular and 30,000 laser surgeries across Canada, he is recognized as a leader in his field and a pioneer in the use of new technologies. His experience has afforded him the skill and knowledge to cater today's cutting-edge surgeries to match every patient's unique visual needs and improve their visual outcomes.

Having completed his bachelor's degree and medical school at the University of Alberta, where he was on the dean's list, Dr. Sanghera was also the recipient of numerous awards and scholarships, including the Opal Hess Memorial Scholarship and the Dr. AJ Pauly Bursary in Medicine. Additionally, he was cited as the highest ranked applicant to enter the MD Program in 1997. He then specialized in ophthalmology at the University of Toronto and went on to receive further post-graduate training in refractive laser surgery.

Dr. Sanghera has been actively involved in research since his residency, including a \$10,000 research grant from the Glaucoma Research Society of Canada and numerous ongoing projects using state-of-the-art technologies in cataract surgery and intraocular lenses. He has also lectured both nationally and internationally at major ophthalmology conferences. He is currently a lecturer at the University of Toronto, on staff at Mount Sinai Hospital and Kensington Eye Institute, both in Toronto, as well as Stevenson Memorial Hospital in Alliston, ON. Dr. Sanghera is also actively involved in both resident and medical student education across the Greater Toronto Area.

[Learn more about Dr. Sanghera](#)



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Whether it's surgical innovations or advancements in processes, technologies, services or products – innovation is at the very heart and soul of our culture. Our belief in continuous improvement means we're never satisfied with anything being less than it can be.

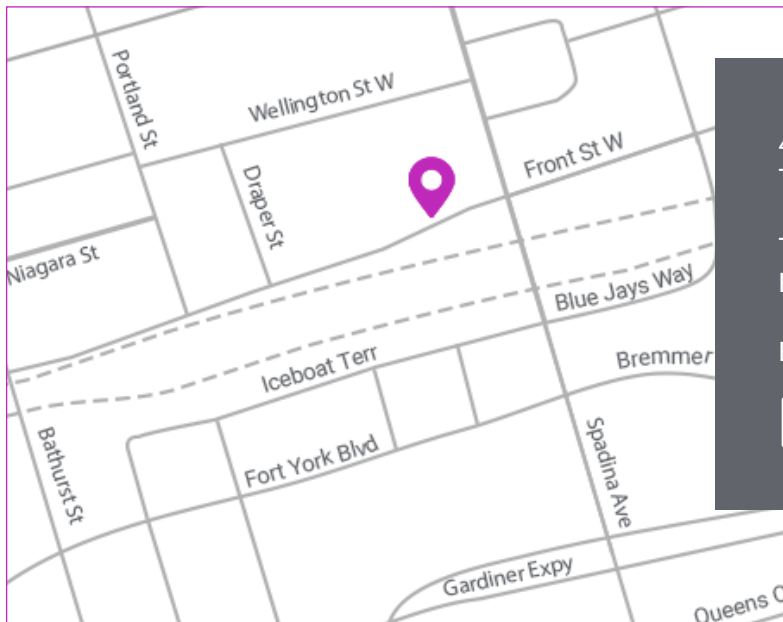
DR. PAUL SANGHERA

Our locations



Toronto office

Lumea acknowledges that our Toronto, ON location is situated in the Territory and Treaty 13 lands of the Mississaugas of the Credit First Nation and the traditional territory of the Huron-Wendat and the Haudenosaunee.



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