

Lens Replacement Surgery with the Light Adjustable Lens PREPARATION GUIDE

The following will guide you through each step prior to, during, and after the procedure.

YOUR APPOINTMENT

- ☐ Your procedure is scheduled for _____. You will be given your exact arrival time before 5pm, two working days prior to the procedure (Friday for Tuesday surgery; Monday for Wednesday surgery; Tuesday for Thursday surgery). The procedure will be performed at:

Specialty Surgical Center
9001 Wilshire Blvd, Suite 100
Beverly Hills, CA 90211
310-275-2339

- ☐ Your day one aftercare visit is scheduled for _____ at _____

BEFORE YOUR PROCEDURE

- ☐ Make an appointment to see your internist/primary care doctor as soon as possible. Your completed History and Physical evaluation form must be received by the Maloney-Shamie Vision Institute at least one week prior to your scheduled procedure date.
- ☐ If you wear contact lenses, do not wear them in the eye that is going to be treated for 72 hours prior to your procedure.
- ☐ Arrange to have someone drive you home. You cannot drive yourself.
- ☐ Do not eat or drink for 8 hours prior to your procedure. You should take your regularly scheduled medications as instructed by your primary care doctor with a small sip of water.
- ☐ Make arrangements for payment to Maloney-Shamie Vision Institute prior to the date of your procedure. You can pay by cash, personal check, VISA, Master Card, Discover Card, American Express, or a pre-approved payment plan. *Payment plans must be applied for and approved at least one week prior to your procedure date.*

ON THE DAY OF YOUR PROCEDURE

- ❑ Please bring a list of your medications with you to the surgery center on the day of your procedure.
- ❑ Please remove all eye and facial make-up before you come in for your procedure. Do not wear fragrances, perfumes, colognes, scented lotions or gels on the day of your procedure.
- ❑ The actual procedure will take about 20 minutes per eye but your expected time of stay at the surgery center is 2 ½ hours to allow for pre-procedure preparation and post-procedure recovery.

AFTERCARE

- ❑ A detailed aftercare instruction sheet will be given to you the day of your procedure; start using the eye drops as indicated.
- ❑ You **MUST** wear the UV-blocking glasses given to you in your postoperative kit at all times while awake. The UV-blocking glasses need to be worn until the light adjustment has been finalized, which may take 2 to 4 treatments.
- ❑ Your vision may be blurry for several days or longer. Fluctuation of vision is normal during recovery.
- ❑ It is normal to experience irritation, light sensitivity, dryness, watering and scratchiness for about one week following your procedure.
- ❑ You may resume your regular diet and medication schedule.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for one week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye make-up for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh make-up; old mascara and eyeliner accumulate germs. You may resume wearing the old make-up you already have after one week.
- ❑ You may resume exercise the next day. Wear eye protection for activities, like tennis, where eye trauma is possible.
- ❑ If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.