

LIGHT ADJUSTABLE LENS IMPLANTATION AFTERCARE INSTRUCTIONS

- ❑ **If you develop moderate eye or eyebrow pain, a dramatic decrease in vision, or increase in redness and discharge, page the doctor at (310) 208-3937.** During working hours, we can be reached at the same number for non-urgent questions.
- ❑ You will be given a pair of dark UV protective glasses. You must always wear the glasses while outside in daylight. They protect your lens from the UV light. You must also wear a *hat* with the glasses if you will be outside in the daylight for a period of time; for example while hiking or playing golf. You will also be given clear reading glasses. You can use these as needed.
- ❑ Your first adjustment treatment will be done 2-3 weeks after surgery.
- ❑ It is okay to rub the treated eye gently with a tissue.
- ❑ Your treated eye may remain dilated for up to 24 hours following your procedure.
- ❑ You will see a lot of halos around lights the first night.
- ❑ Your vision may be blurry for several days or longer. A mild amount of fluctuation of vision is normal.
- ❑ It is normal to experience irritation, light sensitivity, dryness, watering, and scratchiness for about one week following your procedure.
- ❑ If you notice symptoms of a retinal detachment, please call us immediately. There are three symptoms of a retinal detachment: 1) A curtain coming across your vision; 2) A flashing light in the corner of your eye; 3) The new appearance of a large number of floaters, appearing like a swarm of bees or a spider web. Note: you may notice some new floaters the days after the procedure. These are normal and are not a sign of a retinal detachment. A large number of new floaters appearing more than one week after surgery is concerning.
- ❑ You may resume your regular diet and medication schedule.
- ❑ Do not drink any alcohol the day of your procedure.
- ❑ 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 swim outdoors until the light adjustment of the lens is completed.

- ❑ You may not wear eye makeup for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh makeup; old mascara and eyeliner accumulate germs. You may resume wearing your old makeup after one week.
- ❑ You may resume exercise tomorrow. It is okay to do heavy lifting. Wear eye protection for activities, like tennis, where eye trauma is possible.
- ❑ If this is your first eye treated, you may benefit from wearing your usual contact lens in the untreated eye.

❑ **Medications:**

- **Combination Eyedrop: Prednisolone Sodium Phosphate / Moxifloxacin / Bromfenac (Pred-Moxi-Brom):** Combination antibiotic/anti-inflammatory drop, which helps prevent infection and helps the eye heal. Apply 1 drop to the operated eye 3 times per day (breakfast, lunch, and dinner) for 2 weeks then apply 2 times a day (breakfast and dinner) for 2 more weeks. You may stop the drops if they run out. Many patients notice an unpleasant taste in the back of their throats after using this drop. This is normal and does not last.
- If taking glaucoma drops prior to surgery, continue taking the drops as prescribed.

OR

- **If you are using individual eyedrops, follow instructions on each bottle. Wait 3 minutes between taking the different eyedrops.** It doesn't matter which eyedrop you use first.
- **Tylenol, Advil, Nuprin** (or your preferred pain reliever): As needed for discomfort. Do not take more than 1 pain reliever at a time.

- ❑ Your 1-day aftercare visit with _____ is scheduled for: _____.
- ❑ Your 1-week aftercare visit with _____ is scheduled for: _____.
- ❑ Your second eye surgery is scheduled with your surgeon for: _____.
- ❑ If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.