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## ADDITIONAL POST-OPERATIVE CARE INSTRUCTIONS FOR LIGHT ADJUSTABLE (LAL and LAL+) patients

The Light Adjustable Lens (LAL<sup>®</sup>) is made of a special photosensitive material that changes the shape and power of the implanted lens in response to ultraviolet (UV) light. The light treatments are delivered by a Light Delivery Device (LDD), which is done at Eyesight. What makes the Light Adjustable Lens so unique is that these changes are made to the lens after it has been implanted in your eye and you have healed from surgery.

Please follow all instructions provided to you by your eye doctor and staff, including use of the UV-blocking glasses that will be provided to you.

### Your UV-blocking sunglasses are imperative to your success!

3 pairs of 100% UV-blocking glasses will be provided to you at the time of surgery (sunglasses, clear glasses, and bifocals). These glasses will protect the Light Adjustable Lens from UV light sources other than the LDD that your doctor will use to optimize your vision. Exposing the Light Adjustable Lens to other UV light sources can potentially change the lens correction in an uncontrolled manner. If you do not wear the provided UV-blocking eyewear, your vision may not improve, or it could get worse.

### How long do I have to wear the UV-blocking glasses?

The UV-blocking glasses should be worn **outside at all times**, or if you are in a room with windows that may expose you to sunlight, until your eye doctor tells you that you no longer need to wear them (usually 24 hours after your final light treatment). Total wear is typically about 4-5 weeks in duration; however, this may vary depending on the number of light treatments delivered.

### Can I wear my regular sunglasses that have UV protection?

No. You should only wear the UV-blocking glasses provided to you. These glasses have a special protective coating that no other glasses have.

### What happens if I lose or break my UV-blocking glasses?

Please notify your eye doctor/clinic as soon as possible if one of your UV-blocking glasses are lost, damaged or unwearable, and then continue to wear the other pair. If both pairs are lost or damaged, wear the darkest sunglasses you have and contact your eye doctor/clinic. All of our offices carry extra supplies, so please notify us if you need to pick up replacements.

### What are my limitations after surgery?

**Sports** - Your eye doctor will advise you when you can return to sports. Your return to more impactful activities may need to be delayed until all light treatments are complete to guarantee a stable Light Adjustable Lens for light treatments.

### *Limitations (continued...)*

**Tanning Studio** - A tanning studio bed is a very strong source of UV light, and should be avoided until all light treatments are complete and you have been advised that you can remove your UV-blocking glasses.

**Makeup** - You can return to wearing eye makeup within a week. Be careful when removing eye make-up and do not place excessive pressure on the eye. Permanent make-up should be delayed until the eye is considered fully healed by your eye doctor.

**Travel** - Travel is not impacted. Be sure to remember to bring all of your UV-blocking glasses with you. Be particularly diligent in protecting the eyes from UV sources in unfamiliar environment.

**Work** - Work is not impacted, unless your profession puts you at a higher risk of UV exposure. Please remember to wear your UV-blocking glasses at work until you are told by your eye doctor that it is no longer necessary.

**Laser Hair Removal** - It is recommended that you wait until all light treatments are complete and you have been advised that you can remove your UV-blocking glasses before proceeding with hair removal (IPL) treatments (different IPL devices use different wavelengths). This should include other facial beauty treatments that use light sources.

**Shower** – It is not necessary to wear your glasses in the shower.

### **What should I do if I forgot to wear my UV-blocking glasses?**

It is very important that you do not forget to wear your UV-blocking glasses. However, if you do forget, please put them on as soon as you remember.

### **How many total light treatments will I need?**

Between 1 and 3 light treatments, each lasting approximately 90 seconds and separated by 3-10 days, are required. The total number of light treatments is based on the achievement of the desired visual outcome that you and your doctor selected. Once you have achieved your final optimal vision, 2 additional appointments will be required to “lock” the lens to prevent any further changes.

### **Are the light treatments painful?**

Numbing drops will be applied to your eye. There may be some mild pressure or discomfort, and some patients have perceived the treatment to be bright, however the light treatments are not painful.

### **What should I expect after each light treatment?**

Your vision may be blurry immediately after each treatment due to a gel used during application of the light treatment, but this should resolve quickly. Additionally, your eye may be dilated for the treatment, which may require wearing the tinted UV-blocking glasses for a few hours. It may take 24-48 hours after each light treatment to notice an improvement in your vision. The light from the LDD may also cause a temporary or long-lasting pink or red afterimage, which is common with a light source directed to the eye. This tinge to your vision is especially noticeable on things that normally look white, but should resolve before your next light treatment. Speak with your doctor if the pink or red after image remains.