

Please bring this book with you to all appointments.

PREPARING FOR YOUR Light Adjustable Lens™ BEFORE / DURING /AFTER

Name: _____ DOB: _____

You have been scheduled for RIGHT LEFT eye surgery.

DATE OF SURGERY: _____ **Surgeon:** _____

ARRIVAL TIME: Eyesight does not schedule your surgery time. You will be contacted by the surgery center the day before your procedure with your expected arrival time. **You will also be called 1-2 weeks prior to surgery to go over your medical history. If you have not heard from the surgery center by 3:30pm the day before your procedure, please contact them directly at 603-314-8035 to get your time.**

Note: The first 2 pages of this book offer a convenient overview of items covered in this book.

SURGERY CENTER / LOCATION OF SURGERY:

_____ Coastal Surgical Center – 291 Shattuck Way, Newington NH

AFTER SURGERY APPOINTMENTS: YOU MUST BE SEEN FOR A FOLLOW UP APPOINTMENT AFTER SURGERY. PLEASE PLAN TO SEE US AT EYESIGHT ON THE FOLLOWING DATE/TIME:

1st post-op appointment is in the OFFICE IN Portsmouth Somersworth Exeter
 Kittery Sanford

on _____ at _____ with Dr. _____.

2nd post-op appointment is in the OFFICE IN Portsmouth Somersworth Exeter
 Kittery Sanford

on _____ at _____ with Dr. _____.

Light Adjustable Lens patients only will have 3-5 adjustment appointments beginning 1 month after your procedure(s) are completed.

All appointments will be in our PORTSMOUTH SOMERSWORTH OFFICE*

1st adjustment on _____ at _____
2nd adjustment on _____ at _____
3rd adjustment on _____ at _____

We do recommend seeing the same doctor throughout the adjustment phase.

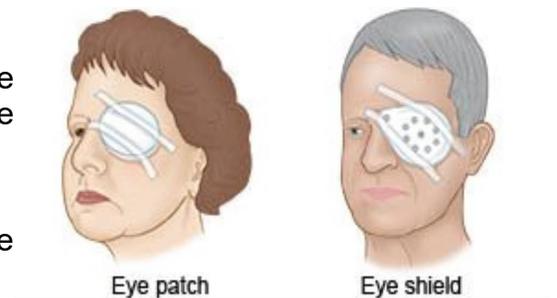
***NOTE:** All LAL adjustments require dilation. These appointments are about 1 – 1 ½ hours long.

AFTER CATARACT SURGERY

1. We prefer that you refrain from most activities for the rest of the day, and that someone stays with you until the day after surgery. Your eye may be slightly sore, itchy, scratchy, or feel a little watery.
2. Your vision may be blurry the day of surgery, and it may take several days for your vision to clear. If your eye is patched, we prefer that you keep the eye patch on, unless otherwise directed.
3. If you have both eyes done within a short period of time, you may notice one eye healing more quickly and seeing better at a faster rate. Each surgery may seem like a different experience. This is not unusual. You may also need glasses to improve your vision for distance as well as up-close.
4. You should plan on wearing your eyeshield at bedtime for **1 week**. Use your own discretion when indoors. **Note: Light Adjustable Lens (LAL) patients MUST wear sunglasses outdoors AT ALL TIMES (or where UV exposure is possible) until your lens is locked.**

When putting on your eye shield, place the “arm” above your nose and place a piece of tape above and below so you can still see through it.

If you are provided with an eyepatch instead of a shield, the eyepatch is not clear to see through, but should be taped on the face in the same manner.



No restrictions on bathing, showering, shampooing hair, having a permanent, or drying your hair, BUT **NO swimming** underwater for 3 weeks. **No eye makeup** for one week.

5. **YOU MAY** travel in an airplane, read, and watch T.V.
6. **YOU MAY** bend over to put on shoes, socks, or pick up things (NOT OVER 35lbs.)
7. **YOU MAY** sleep in any position.
8. Occasionally, your vision may be good enough to drive as soon as the day after surgery. Ask your surgeon if you are not sure. Please be aware that your eye may stay dilated for 1 to 2 days after surgery.
9. Please refrain from any vigorous physical activity that might increase your chances of falling and hitting your “operated” eye (such as skiing, skating, tennis, etc.) for **1 WEEK**. It is okay for you to take a walk or play golf as long as you are wearing eye protection. If you are unsure, please ask.
10. It is not unusual to experience watering, a foreign body or a scratchy sensation for the first few weeks after surgery as the eye heals. It will improve with time.
11. While it is okay to use lubricant eye drops, i.e. “artificial tears”, please do not begin using them until at least 1 week after surgery. **If you had a premium lens implant or Optiwave**, you were provided with a compounded lubricating drop called Klarity-C. This should be used TWICE A DAY (am and pm), beginning 1 WEEK AFTER SURGERY. Use the Klarity-C until the bottles are gone.

PLEASE CALL THE OFFICE AS SOON AS POSSIBLE if you experience sudden intense pain or a dramatic change of vision in the “operated” eye.

MEDICATIONS

- Most patients will receive Imprimis eye drops, which contain Prednisolone Acetate, Moxifloxacin, and Nepafenac. These can be picked up at any Eyesight office during regular hours.
- **For Optiwave or Premium Lens procedures**, you'll receive both Imprimis and Klarity lubricating drops (one bottle per eye) after your payment is processed. If additional prescriptions, such as ointments, are required, they will be called into your pharmacy.

Imprimis



Note: If you're allergic to any Imprimis ingredients, we'll send a different prescription to your pharmacy.

- **Post-Surgery Eye Drop Instructions** - After surgery, use Imprimis in the operated eye four times a day (e.g., 8 am, 12 pm, 4 pm, and 8 pm) for 14 days. If advised by your doctor, reduce it to twice daily (morning and night). You'll likely need to use the drops for at least four weeks, but your doctor will inform you of any adjustments. One bottle per eye should suffice, and your surgeon will let you know if you need more.
- **Reminder:** Bring all your eyedrops, ocular ointments (if prescribed) and surgery instructions to your surgery and all follow-up appointments.
- **Refilling Prescriptions** - If you run out of Imprimis, or if you would like to purchase more Klarity, you can get more at any Eyesight location. If you need to refill your prescriptions at the pharmacy, a refill authorization was already sent.

If you regularly use other prescription eyedrops, such as Restasis, Xiidra or Cequa, please consult with your surgeon regarding their use before or after surgery.

- **PAYMENT IS DUE A MINIMUM OF 1 WEEK PRIOR TO SURGERY.** A fee will be collected at Eyesight as well as Coastal Surgical Center. See the pricing sheet in your "Preparing for Cataract Surgery" book.

Please contact your Eyesight surgical coordinator if you have any questions by dialing **603-501-7868** and entering their extension prompt.

SURGERY CONTACT INFORMATION

PORTSMOUTH COORDINATORS:

Sandy x230 Leah J. x240

EXETER COORDINATORS:

Deb x317

SOMERSWORTH COORDINATORS:

Cassie x263 Kimberly x541 Leah S. x631

KITTERY COORDINATORS:

Leah S. x631 Rebecca x540

SURGERY CENTER CONTACT:

Coastal Surgical Center - 291 Shattuck Way, Newington NH

603-314-8035 (before 4:30pm)

Surgery Drop Schedule

IMPRIMIS Prednisolone-Moxifloxacin-Nepafenac



Klarity-C Cyclosporine
Lubricating drops



PRE-SURGERY Drop Instructions / 1 Hour Before Leaving Home for Surgery: Use **IMPRIMIS** eye drops **every 15 minutes for a total of 4 doses**. i.e. If you leave home at 9:00 AM, use IMPRIMIS at 8:00, 8:15, 8:30, and 8:45 AM. This applies **regardless of your drive time** to the surgery center.

About Your Eye Drops: You will receive **1 bottle of IMPRIMIS** and **1 bottle of Klarity** per eye at **no additional cost**. If you are having **basic cataract surgery** (standard lens), you will need to **purchase the IMPRIMIS drops**. These are available at **any Eyesight location**. Klarity is **not included** for basic lens patients.

Important Notes for All Patients: **Shake the bottles well** before each use. Use **only 1 drop at a time**, regardless of what the label says. If you're having surgery on both eyes, **do not share bottles between eyes** — you need **one bottle per eye**. **1-Week After Surgery:** Begin using your **Klarity** lubricating drops in the **OPERATIVE EYE**, **2 times per day (morning and evening)** until the bottle is finished.

In the _____ RIGHT EYE				_____ LEFT EYE		
Beginning 1 HOUR BEFORE LEAVING HOME FOR THE SURGERY CENTER on _____						
1 hour prior	45 minutes prior	30 minutes prior	15 minutes prior	After leaving the surgery center, use again at 12:00pm – 4:00pm – 8:00pm		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Eyedrops following surgery:

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
IMPRIMIS	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
IMPRIMIS	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 times a day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
KLARITY-C	2 times a day <input type="checkbox"/> <input type="checkbox"/>							
Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
IMPRIMIS	2 times a day <input type="checkbox"/> <input type="checkbox"/>							
KLARITY-C	2 times a day <input type="checkbox"/> <input type="checkbox"/>							
Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
IMPRIMIS	2 times a day <input type="checkbox"/> <input type="checkbox"/>							
KLARITY-C	2 times a day <input type="checkbox"/> <input type="checkbox"/>							

4 times a day would be roughly 8am, 12pm, 4pm and 8pm. - 2 times a day would be roughly 8am and 8pm

Please bring your eye drops and this schedule to the surgery center and to all follow-up appointments.



ADDITIONAL POST-OPERATIVE CARE INSTRUCTIONS FOR

LIGHT ADJUSTABLE (LAL and LAL+) patients only

The Light Adjustable Lens (LAL®) 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.

MEDICATED EYEDROPS: You will start using medicated eyedrops the morning of surgery. Depending on what your surgeon recommended, these will be either Imprimis or 3 different prescriptions called into your pharmacy (Moxifloxacin, Prednisolone Acetate and Ketorolac). Please see your surgery instructions and eyedrop schedule provided to you when you scheduled surgery.

KLARITY-C LUBRICATING DROPS: Whether you have one or both eyes treated, after completing your LAL procedure(s), you will begin using specially formulated lubricating drops (Klarity-C). **Klarity-C should be started one week after surgery.** Use Klarity-C twice daily (morning and evening) in each surgical eye until the bottles are finished. You will receive one bottle per eye. Replacements are available for purchase at any of our Eyesight locations.

Imprimis eyedrops and/or Klarity C can be picked up at any of our Eyesight offices during normal business hours.

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.

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.

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 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.

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 includes other facial beauty treatments that use light sources.

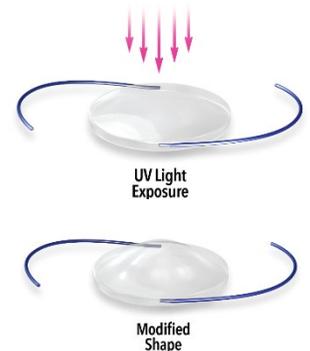
Shower – It is not necessary to wear your glasses in the shower.

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.

Your family of Eyesight staff is here to assist you with every aspect of caring for your eyes.



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Kinley Beck, MD



Christopher Turner, OD



Warren Goldblatt, MD



Jennifer Ling, MD

Lauren McLoughlin, OD



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Jason Szelog, MD



Janet Rand, OD



Marsha Kavanagh, MD



Nathaniel Sears, MD



Renee Lynch, OD



Timothy Sullivan, MD



Dana Graichen, MD



Dwight Arvidson, OD



Claudia Bartolini, MD



Greg Marrow, OD

PORTSMOUTH

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