

Light Adjustable Lens Postop Instructions

Key Points

- **Medicated drops 2 times daily**
- **Preservative free artificial tears 4 times daily**
- **Special sunglasses outdoors during the daytime**

Congratulations! You now have the light adjustable lenses (LAL) implanted in your eyes. Remember that the vision will be blurry initially after surgery, but this generally clears up some time during the first week. Most patients start using inexpensive drugstore reading glasses to see up close shortly after surgery. The postoperative adjustments performed later in our office should further improve your ability to see without eyeglasses.

With the LAL, the adjustments are only as good as the refractive measurements we obtain. To ensure consistent, accurate refractive measurements, we need to wait several weeks after surgery to allow the eyes to fully heal and stabilize. It is critical to use preservative-free artificial tears regularly after surgery and during the adjustment period. Dryness can introduce variability in our refractive measurements, and artificial tears help to smooth the cornea surface and reduce this variability. You will get prescription medicated eye drops to use after surgery twice a day (when you awaken and when you go to bed). The same bottle(s) can be used for both eyes. That leaves the rest of the day in-between to use the artificial tears, at least 4 times a day (e.g., breakfast, lunch, afternoon, dinner).

Because the LAL contains light-reactive molecules, we provide you with special UV sunglasses to wear outdoors during the daytime. These are stronger UV-blocking sunglasses than your average pair, so please use ours for the duration of your treatments. You do NOT need to wear UV blocking glasses indoors or at night.

Adjustment Visits

Remember that we have up to 3 adjustments with the LAL to customize the lenses to your needs, followed by 2 additional lock-in visits. The initial adjustment appointments are longer visits of approximately 3 hours. This is to allow for careful refractive measurements to be made by our optometrist and to dilate your pupils maximally. Because we are customizing your LAL, think of it like purchasing a custom suit or dress, which requires extra visits to the tailor to get the best fit.

You will have about a week in between adjustments to properly “test drive” the vision. Keep track of what tasks are still difficult to see without glasses and spend some time comparing how each eye sees individually. Keep in mind that we don’t expect to completely eliminate your need for eyeglasses. We want you to have as much convenience as possible while minimizing the tradeoffs, such as halos from the lens. If your primary goal is to drive without eyeglasses, then you will likely need reading glasses for some near tasks. If your goal is to read without glasses,

we hope to achieve this while blurring the distance vision as little as possible. For many patients with one eye set for far distance, we are trying to find the “sweet” spot where the second eye sees just close enough without sacrificing too much distance vision in that eye. We may reach a point where bringing that eye’s focus closer improves the reading ability by 10-15%, but worsens the distance vision by 20-30%. Wearing occasional readers for smaller print would make more sense at that point.

Lock-in Visits

When making pottery, there is a period when we can re-wet the clay and change the shape of a bowl. Once satisfied, we place the bowl into the kiln and that shape becomes permanent. With the LAL, there are two sequential lock-in treatments to “freeze” the molecules in the lens so that it can no longer change. The 2 lock-in treatments will not change the LAL prescription; they are similar to the adjustments but using a brighter light treatment. After the LAL lock-in is completed, you no longer need to wear the special UV blocking sunglasses. You may gradually decrease the frequency of using artificial tears but realize that fluctuating vision is a common symptom of corneal dryness from evaporation. This is particularly true with eyes that have previously undergone LASIK or RK. The final lock-in will be your last visit with us.