

PREPARATION GUIDE FOR YOUR PROCEDURE

Date of Procedure: _____ Arrival Time: _____ A.M./ P.M.

Location: _____

Procedure: _____ Operative Eye: ☐ Right Eye ☐ Left Eye ☐ Both Eyes

BEFORE YOUR PROCEDURE:

1. **NO FOOD AND LIQUIDS (NOT EVEN WATER) at least 8 hours before your procedure.**
2. You may take your high blood pressure, heart, and thyroid medication with a small sip of water. If you are diabetic **DO NOT TAKE** oral diabetic medication the morning of procedure. However, if you are on insulin, please take half of your prescribed dosage the morning of your procedure.
3. You will need someone to drive you home after procedure and to your post-operative appointment the next day. **This is very important. The surgery center will not authorize a release to any transportation service without the presence of a responsible party of legal age.**
4. Anesthetic will be administered by intravenous injection through the hand/arm.
5. Wear casual, loose fitting clothing. A shirt or blouse that buttons is best.
6. **Please remove contact lens in surgical eye, _____ days, prior to procedure.** No make-up or jewelry on the day of procedure. Please leave your valuables at home. Please bring your photo I.D., insurance card, and method of payment to the surgery center.

PREOPERATIVE EYEDROP MEDICATIONS

STARTING 2 DAYS PRIOR TO YOUR PROCEDURE PLEASE BEGIN INSTILLING:

- 1.) ➔ **BESIVANCE (ANTIBIOTIC):** Instill 1 drop 3 times a day in the operative eye.
(INSTILL AT BREAKFAST, LUNCH, DINNER)
-OR-
(GENERIC: MOXIFLOXACIN, OFLOXACIN)
- 2.) ➔ **PROLENSA (ANTI-INFLAMMATORY):** Instill 1 drop daily in operative eye
-OR-
(GENERIC: BROMFENAC)

- **DO NOT INSTILL ANY EYEDROP MEDICATIONS ON THE MORNING OF YOUR PROCEDURE**
- **RESUME YOUR EYEDROP MEDICATIONS 3 HOURS AFTER RETURNING HOME**

LIGHT ADJUSTABLE LENS AFTERCARE INSTRUCTIONS

Follow up appointment at our: _____ office

Date: ____/____/____ Time: _____ A.M./ P.M. with Dr. _____

CALL (714) 771-1213 IF YOU HAVE:

1. Increasing pain.
2. Increasing redness.
3. Increasing thick yellow mucous discharge.
4. Decreasing vision.
5. Any questions.

INSTRUCTIONS AFTER CATARACT SURGERY:

1. Wear the UV-blocking glasses that will be provided to you immediately after surgery.
2. The UV-blocking glasses should be used at all times.
3. Wear your eye shield at night, right before going to bed for 1 week.
4. Use your eye drops as instructed, starting from the day of your surgery.
 - Wash your hands well.
 - Please use all drops instructed before your follow up visit.
 - Please wait at least 2 minutes before instilling your next eye drop.

LIMITATIONS FOLLOWING PROCEDURE:

1. Do not get the eye wet while showering or bathing for 1 week after procedure.
2. Do not wear eye make up for 1 week after procedure.
3. You may drive, take walks, or watch TV if your eye feels comfortable, WITH your UV-blocking spectacles.
4. For 2 weeks following surgery, do not lift objects over 25 pounds and do not bend over to pick things off the floor.
5. No straining; if constipated, take a laxative such as Milk of Magnesia.
6. Bring all your surgical drops with you to all postoperative visits.
7. Resume all other medications and preoperative diet.
8. No flying/traveling to high altitudes (Over 10,000 ft.) for 5 days following your procedure.

Frequently Asked Questions

1. What should I expect in the period after cataract surgery?

Please wear the UV-blocking glasses that will be provided to you. As with any cataract surgery, your vision may not be perfect after surgery. While your eye doctor selected the lens he or she anticipated would give you the best possible vision, it was only an estimate. Fortunately, you have selected the Light Adjustable Lens! In the next weeks, you and your eye doctor will work together to optimize your vision. Please make sure to pay close attention to your vision and be prepared to discuss preferences with your eye doctor.

2. Why do I have to wear UV-blocking glasses?

The UV-blocking glasses provided to you protect the Light Adjustable Lens from UV light. Exposing the Light Adjustable Lens to other UV light sources will potentially change the lens correction in an uncontrolled manner. If you do not wear the provided UV-blocking glasses, your vision may not improve or it could get worse. If this happens, the Light Adjustable Lens may have to be removed or replaced with a new lens to improve your vision.

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

The UV-blocking glasses must be worn at all times 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 to 5 weeks in duration, however, this may vary depending on the number of light treatments delivered.

4. I have a special event to attend in between light treatments, do I really have to wear the UV-blocking glasses?

Yes, you must wear them all waking hours to prevent uncontrolled changes to the Light Adjustable Lens. It is important to think about the time period over which you must wear the UV-blocking glasses and any commitments that you may have. It may be best to schedule your surgery and treatments around these commitments.

5. Can I wear my regular sunglasses that have UV protection?

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

6. Which pair of UV-blocking glasses should I wear if it is dark outside?

You must wear the dark pair of UV-blocking glasses during daylight hours, even if it is overcast. The clear pair can only be worn outside after sundown.

7. 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 two pairs of 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 immediately.

8. What should I do for:

- a. Showering: If there is a window or possible direct sunlight in your shower, please wear the UV-blocking glasses in the shower. If there is no direct sunlight, you do not need to wear your UV-blocking glasses when you shower. However, please put them on immediately afterwards.
- b. 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.
- c. Travel: Travel is not impacted. Be sure to remember all of your UV-blocking glasses and wear at all times. Be particularly diligent in protecting your eyes from UV sources in unfamiliar environments.
- d. 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.
- e. Laser treatments: 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.

9. 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. Note how long you were without the glasses and the light conditions during this time, and then contact your eye doctor/clinic immediately.

10. How many total light treatments will I need?

You will need a minimum of two treatments, and a maximum of five. The total number is dependent on your eye doctor's plan for your vision, as well as the amount of UV light delivered at each treatment.

11. How long do the light treatments last?

Each light treatment will last between 8 and 120 seconds, with the average being approximately 90 seconds. Variation in time is dependent on the type of treatment performed.

12. Are the light treatments painful?

Numbing drops will be applied to your eye, and there may be some mild pressure or discomfort. However, the light treatments should not be painful.

13. 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 tinted glasses for a few hours. It may take approximately 24 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.

AFTERCARE EYE DROP MEDICATIONS REGIMEN

START YOUR EYE DROP MEDICATIONS 3 HOURS AFTER RETURNING HOME

1.) ANTIBIOTIC- INSTILL ONE OF THE FOLLOWING MEDICATIONS:

- ☐ Vigamox: 1 drop 3 times daily for 2 weeks in operative eye
- ☐ Besivance: 1 drop 3 times daily for 2 weeks in operative eye
- ☐ Moxifloxacin/Ofloxacin (Generic): 1 drop 4 times daily for 2 weeks in operative eye

2.) ANTI-INFLAMMATORY- INSTILL ONE OF THE FOLLOWING MEDICATIONS:

- ☐ Prolensa: 1 drop daily for 4 weeks in operative eye
- ☐ Ilevro: 1 drop daily for 4 weeks in operative eye
- ☐ Bromsite: 1 drop daily for 4 weeks in operative eye
- ☐ Bromfenac (Generic): 1 drop daily for 4 weeks in operative eye

3.) STEROID- INSTILL ONE OF THE FOLLOWING MEDICATIONS:

- ☐ Durezol:
 - WEEK 1: 1 drop 2 times daily for 1 week in operative eye
 - WEEK 2: 1 drop daily for 1 week in operative eye
 - WEEK 3: 1 drop 1 time daily every other day for 1 week in operative eye
- ☐ Durezol: **(Crystalens/Trulign Only)**
 - WEEK 1: 1 drop 4 times daily for 1 week in operative eye
 - WEEK 2: 1 drop 3 times daily for 1 week in operative eye
 - WEEK 3: 1 drop 2 times daily for 1 week in operative eye
 - WEEK 4: 1 drop 1 time daily for 1 week in operative eye
 - WEEK 5: 1 drop 1 time daily for 1 week in operative eye
 - WEEK 6: 1 drop 1 time daily every other day for 1 week
- ☐ Pred Forte/Prednisolone (Generic)
 - WEEK 1: 1 drop 4 times daily for 1 week in operative eye
 - WEEK 2: 1 drop 3 times daily for 1 week in operative eye
 - WEEK 3: 1 drop 2 times daily for 1 week in operative eye
 - WEEK 4: 1 drop 1 time daily for 1 week in operative eye
- ☐ Lotemax SM:
 - WEEK 1: 1 drop 4 times daily for 1 week in operative eye
 - WEEK 2: 1 drop 3 times daily for 1 week in operative eye
 - WEEK 3: 1 drop 2 times daily for 1 week in operative eye
 - WEEK 4: 1 drop 1 time daily for 1 week in operative eye

BEFORE SURGERY

DATE OF SURGERY: _____ OPERATIVE EYE: _____

2 DAYS BEFORE	1 DAY BEFORE
MOXIFLOXACIN	MOXIFLOXACIN
□□□□ 4 TIMES	□□□□ 4 TIMES
BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME

BEGIN MOXIFLOXACIN AND BROMSITE,
STARTING 2 DAYS PRIOR TO SURGERY, AND
ALL EYE DROP MEDICATIONS AS
INSTRUCTED AFTER SURGERY.

- ✓ WAIT 2 MINUTES BETWEEN EYE DROP MEDICATIONS
- ✓ PLEASE FOLLOW THE AFTER SURGERY INSTRUCTIONS BELOW FOR ALL EYE DROP

AFTER SURGERY

WEEK 1						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN
□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES
BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME
PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE
□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES
WEEK 2						
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN
□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES
BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME
PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE
□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES
WEEK 3						
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME
PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE
□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES
WEEK 4						
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME
PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME