

Light Adjustable Lens (LAL) Post-Operative Appointments

With Light Adjustable Lens, the medical and refractive post-operative aftercare periods run concurrently.

Medical Global period for aftercare – Days 1-90

Medical visits are submitted to the patient's insurance.

Refractive / Elective global aftercare – Days 1-180

Aftercare fees are payable to whomever performs the extended aftercare to determine the need for refractive fine tunes and the associated fine tune post-operative care.

Why it's important

Distance VA: It is important to assess the refractive outcome following advanced cataract surgery.

Near VA: It is important to know how the patient is functioning at near so we can adjust the treatment to their visual goals.

Blended Vision: The visual approach recommended to many patients during the adjustment process with the LAL to maximize spectacle independence. Because the LAL offers extended depth of focus, a minimal myopic offset (-0.50 to -1.00) in the non-dominant eye is typically sufficient to provide patients with a favorable range of vision. This approach offers freedom from glasses and excellent visual quality without compromising depth perception or stereoacuity.

Precision Refraction: A precision refraction is similar to a manifest refraction but aims to refine the prescription past 20/20 if possible.

IOP: It is essential to monitor the patient IOP during the recovery period.

Tear Film Optimization: Ensuring a stable tear film is essential for achieving the best visual outcomes. An unstable or deficient tear film can lead to visual fluctuations, reduced contrast sensitivity, and patient dissatisfaction. These fluctuations can also cause inaccurate post-operative measurements, impacting adjustments and the locked-in lens prescription. Proper tear film management enhances IOL performance, comfort, and overall post-operative satisfaction.

UV Glasses: Patients will receive three pairs of UV-protective eyewear: a clear pair, a dark tinted pair, and an additional clear pair with added power to assist with reading. All three provide equal UV protection, allowing patients to choose what feels most comfortable. The glasses are only required outdoors and are not needed indoors. Patients should continue wearing UV-protective eyewear outside until advised otherwise, typically 24 to 48 hours after the final light treatment lock-in.

We are committed to helping patients achieve their refractive goals. If a patient expresses dissatisfaction with their vision, a laser fine-tune is still included in the refractive package, and we welcome them to return to us to discuss this option. In most cases, prescribing new glasses is typically unnecessary.

1 Day Post-Op

- Distance VA
- IOP Check
- Slit Lamp Exam

1 Week Post-Op

- Distance VA
- IOP Check
- Slit Lamp Exam

Days 1 – 90: Medical Aftercare

Days 1 – 90: LAL Refractive Aftercare

1 Day LAL Post-Op

- UV Glasses Compliance Check
- Tear Film Optimization
- Prior to adjustments, patients' near vision may not be what they were hoping for. This is intentional as the adjustment process works best when starting on the hyperopic side and shifting patients toward the myopic direction

1 Week LAL Post-Op

- UV Glasses Compliance Check
- Tear Film Optimization

1 Month LAL Post-Op

- UV Glasses Compliance Check
- Precision Refraction
- Tear Film Optimization

Light Treatments

- Up to 3 separate treatments
- Light treatments are typically scheduled between 4 to 8+ weeks after the procedure, depending on the patient's corneal health, refractive surgery history, and surgeon preference

Light Treatment Lock-In

- Up to 2 lock-ins

Days 91-180: Extended Refractive Aftercare

Post-Op Refractive Appointment

Laser Fine Tune

- (If needed)

Post-Op Visits Associated with Laser Fine Tune

- (If needed)



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