

# **The possibility of FREEDOM from glasses**

**Patient guidelines for surgery  
with an AT LISA IOL**





Dear Patient,

Your eye doctor has spoken to you about your prospects of living life free from glasses, and you have made the choice for an implantation of a multifocal AT LISA or AT LISA toric intraocular lens (IOL). You can look forward to some exciting changes.

Cataract surgery is one of the most common surgical procedures and one of the safest and most effective types of surgery. Through a tiny incision, the natural crystalline lens is removed and an IOL is implanted. The incision is self-sealing.

This patient guide provides information to assist you as you go through the surgery and the process of adapting to the IOL. It contains recommendations on what you can do to enhance the healing process and avoid complications. This way you have an active role in the results and can look forward to the possibility of FREEDOM from glasses.

We wish you much success!

Your Carl Zeiss Team



## What to expect:

### On the day of surgery

The entire procedure is generally done on an outpatient basis under local or topical anesthesia and usually lasts between 15 and 30 minutes. You will be fully awake, but you will be comfortable and feel no pain. After a short observation period you will be allowed to go home. Plan to have someone else drive you.

The surgeon will usually place an eye patch or protective shield on your eye after surgery. Avoid rubbing or pressing on your eye. Your doctor may also prescribe eye drops or other medication to prevent infection and control eye pressure. These should be used as prescribed and care should be taken not to touch the eye with the dropper.

Relax on the day of your surgery and do not perform any strenuous activities. Don't overexert your eyes. Give them time to rest.

### If any of the following occur, you should immediately contact your doctor:

- Sudden or persistent pain in the operated eye
- Any unusual headaches and nausea
- Heavy reddening of the operated eye
- Eye floaters" or shadows in the eye



### **The first day after surgery**

In most circumstances, you should return to your doctor's office for a follow-up visit within 24 hours of receiving the AT LISA or AT LISA toric IOL. To monitor your healing, you will also typically see your eye doctor the following week and then again after a month.

You should be able to resume some normal activities, including light work, watching television, and reading within a day of your surgery. Avoid activities that put pressure on your eye or cause a rise in your blood pressure and consider the following:

- Please do not rub the operated eye and avoid activities where there is a risk of blunt trauma to the eye.
- Wear sunglasses or other protective eyewear and avoid dusty environments for the first couple of weeks.
- Avoid direct contact with water in the operated eye. If you do get water in the operated eye, it is important not to rub the eye.
- Check with your eye doctor, when – and under what conditions – you can resume specific physical activities.



## **What to expect:**

### **The first weeks after surgery**

Vision is improved immediately in most cases; however, your vision will continue to improve in the weeks following the procedure and it could take several weeks to realize the full extent of visual correction.

The multifocal AT LISA IOLs provide you with new visual impressions that first need to be processed by the visual center in the brain. The brain must learn to select the visual information it needs to form an image of near, distant or in-between objects, and this adjustment process will take a certain amount of time.

With all multifocal IOLs, it is normal after surgery that you may experience halos and glare from lights at night. Halos are rings of light that you may notice when looking directly at a source of light, such as a street light, and glare is a light effect that can appear around a source of light, such as the headlights of an oncoming car.

After an adjustment period of up to three months, these effects will become less bothersome. A positive attitude and the awareness that your vision will improve will help you adapt much faster.

If you have cataracts in both eyes, your doctor will typically schedule a second surgery in the near future. You will adjust better to your multifocal intraocular lenses when they are placed in both eyes.

For most patients, the desire for a life without glasses becomes a reality. However, even with an optimal surgical outcome, it may be necessary to use glasses, especially for the intermediate viewing distance, the visual range necessary to work on a computer. This is a possible trade-off for the increased independence from glasses you can expect; the possibility of FREEDOM from glasses that will last a lifetime.



# The possibility of **FREEDOM** from glasses

with the premium quality  
lenses from **Carl Zeiss**



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