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LIGHT ADJUSTABLE LENS (LAL)



The Light Adjustable Lens (LAL) is a groundbreaking advancement in cataract surgery. This lens offer the opportunity to achieve customized vision after the procedure.

A Light Adjustable Lens is a type of intraocular lens whose power can be adjusted following cataract surgery. This gives

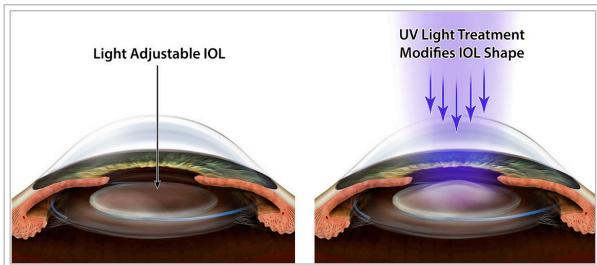
patients more flexibility and allows them to have a choice in what vision they want post-surgery.

With other lenses, you have to make a lot of decisions about the vision you want before your cataract surgery. Once implanted, those lenses can't be changed; they're what's known as "fixed."

The Light Adjustable Lens, however, is an adjustable lens. You and your surgeon are able to adjust the lens and optimize your vision based on your preferences and lifestyle requirements – after your surgery.

WHAT IS THE LIGHT ADJUSTABLE LENS?

The Light Adjustable Lens are specialty lenses that contain light sensitive molecules which alter the power and shape of the implanted lens in response to ultraviolet (UV) light. The alterations cause both the lenses and their power to change, allowing doctors to adjust the lenses to correct for conditions like astigmatism, nearsightedness, or farsightedness.



Adjustable lenses vs fixed lenses

Most intraocular lens options are known as fixed lenses. This means that once they are implanted, patients cannot adjust the lens. Before implanting a fixed lens, patients and their doctor will have to decide which lens they want, as the lens cannot be adjusted later.

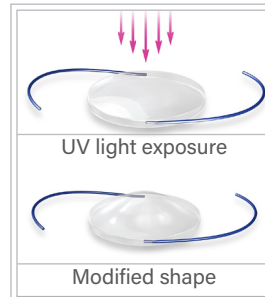
The Light Adjustable Lens, can be altered following surgery. If a patient would like, they can ask their doctor to adjust the lens to fit their personal preferences and lifestyle choices.

HOW DOES THE LIGHT ADJUSTABLE LENS WORK?

The Light Adjustable Lens is made of a special photo-sensitive material that changes the shape and power of your implanted lens in response to ultraviolet (UV) light to optimize your vision.

During cataract surgery, the LAL is implanted into the eye, just like other IOLs.

However, the initial power of the LAL is set slightly lower than your target prescription, which allows for future adjustments. Once your eyes have healed from the procedure, which takes about two to three weeks, you will need to return to your eye doctor's office for a series of light treatments with a special device.

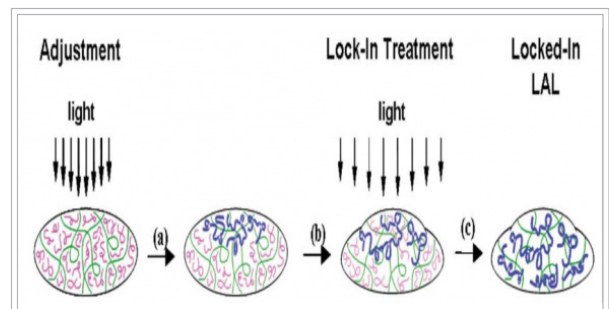


During these treatments, your eye surgeon will use a specialized UV light delivery device to reshape the LAL. The UV light alters the curvature of the lens, adjusting its focusing power to correct your refractive error and personalize your vision.

The light treatments are painless and typically take only a few minutes to complete. In most cases, people require two to four light treatments, spread out over a period of a few weeks, to achieve their desired vision clarity.

Once your vision is at your desired clarity, a final light treatment is performed to lock in the lens shape permanently.

This final treatment ensures that the LAL maintains its customized power, providing you with a stable, optimized vision.





BENEFITS OF THE LIGHT ADJUSTABLE LENS



The Light Adjustable Lens offers several advantages over traditional intraocular lenses:

- Customizable vision correction
- Reduced need for glasses
- Correction of astigmatism
- Improved patient satisfaction

WHAT'S RECOVERY LIKE AFTER CATARACT SURGERY WITH THE LIGHT ADJUSTABLE LENS?

The recovery process after cataract surgery with the Light Adjustable Lens is similar to that of cataract surgery with any other lens. With the Light Adjustable Lens, your eye doctor may ask you to wear UV-blocking glasses in between your sessions.

This ensures that your lens does not go through any unwanted or unintended changes during the healing process. Most people can resume normal daily activities, such as reading, watching television, and light physical exercise, within a few days after cataract surgery.

With any lens, it is essential to follow the eye surgeon's post-operative instructions carefully, which may include:

- Using prescribed eye drops to prevent infection and manage inflammation
- Wearing a protective eye shield while sleeping to avoid accidentally rubbing or pressing on the eye
- Avoiding strenuous activities, heavy lifting, and swimming for a specified period

You will need to attend several follow-up appointments to monitor the healing process and perform the necessary light treatments. After the final light treatment, you will be able to enjoy your new, customized vision.

HOW DO I KNOW IF THE LIGHT ADJUSTABLE LENS IS RIGHT FOR ME?

The Light Adjustable Lens is an excellent IOL option for those who want to have some control over the outcome of their vision after cataract surgery. However, as with any lens, it may not be right for everyone.



If you are considering cataract surgery and are interested in the Light Adjustable Lens, the first step is to schedule a cataract evaluation with your eye doctor at Hillsboro Eye Clinic. During your cataract evaluation, your cataract surgeon will perform a comprehensive eye exam, discuss your medical history and visual goals, and determine whether the LAL is the best option for you.