

## CRYSTALENS & TRULIGN

### Post-Operative Instructions

#### After Your Surgery

Congratulations for choosing the only FDA approved accommodating intraocular lens. You should enjoy this adjustable lens and the wonderful visual experience it can give you. A few things to be aware of.

You may experience large pupils for up to two weeks after your cataract surgery. This is to be expected and helps your lens heal in the proper position.

#### **We would like you to follow the directions below during your post op period:**

- Please use your eye drops as you have been directed.
- Please use your reading glasses (+1.25 or +1.75) for all intermediate and near tasks (finger tips to nose) for 10 days after implantation.
- Reading glasses should be discontinued after the initial 10-14 day period. If you need to use any reading glasses after the initial 10-14 day period do not use anything more than a +1.25.
- After your 10-14 day post op period, exercise the muscles that move the lens in your eye by concentrating on objects at distance and near. Allow yourself time when changing back and forth. Reading every day for 15 minutes is also great exercise to strengthen this muscle.
- Remember you have not used this muscle for many years and the only way to strengthen it, is by using it. Similar to having your knee replaced, you would have to go through physical therapy to strengthen your knee. The same thing is necessary to achieve the near vision you are looking for. You will continue to see improvement with your near vision over the next 3 to 6 months.
- You should expect to have good distance and intermediate vision very quickly. This intermediate vision is a huge benefit. You would not have achieved this if you had chosen another lens.



## CRYSTALENS & TRULIGN

### Post-Operative Instructions

- If you find your vision fluctuating it could be caused by poor tear quality or dry eye. Please be sure to let us know. We can offer you some artificial tears or other remedies to treat this problem.

**Please call us if you have any additional questions or concerns at (562) 988-8668.**