

# Enjoying life with the KAMRA™ inlay.



Your aftercare  
guide to clearer  
reading vision.



AFTERCARE  
*guide*



# Natural Vision For Everyday Living

Congratulations on your decision to get the KAMRA™ inlay! This pamphlet has been provided to guide you through the healing process after your procedure. Soon you will be enjoying life without the constant frustrations of reading glasses. Here's what you can do to accelerate your recovery:

- **① Avoid reading glasses.**
- **② Take medications as prescribed.**
- **③ Keep follow-up appointments.**

Read on to know what to expect during this process, recognize common visual symptoms and learn how you can achieve the best possible vision and keep your eyes healthy.



## WHAT TO expect

As with any eye surgery, healing is a process, so remember to follow these recovery tips to accelerate your progress. In most cases, patients notice an improvement in near vision within the first few weeks up to a few months. Below is an overview of what to expect after surgery.



### The First 48 Hours

Immediately following surgery, it is common to experience light sensitivity, watery eyes and irritation. Light sensitivity usually occurs in the first week.



### The First Week

The amount of near vision improvement experienced during the first week varies by individual. Some will notice a dramatic recovery, while others may experience moderate to minimal improvement due to personal healing patterns.



### The First Three Months

- Dry eyes are very common at this stage. You must use your artificial tears frequently.
- It is normal for your near vision to fluctuate throughout the day. Take frequent breaks from up-close tasks to avoid eye strain.
- Visual symptoms such as glare and halos are fairly common.



### The Next Nine Months

- Your doctor will continue to monitor your eyes.
- You may prefer to use reading glasses to see very fine print, work in dim light conditions or perform a near task for an extended period of time.





## WHAT IS *normal*

As with any eye surgery, there are risks such as reactions to medicines and vision changes. Dry eye, glare and halos are the most common side effects. These symptoms are treatable and are likely to resolve over time.



### Dry Eye:

Burning, excessive tearing, sensation of having something in your eye or scratchy/gritty feeling

### Glare:

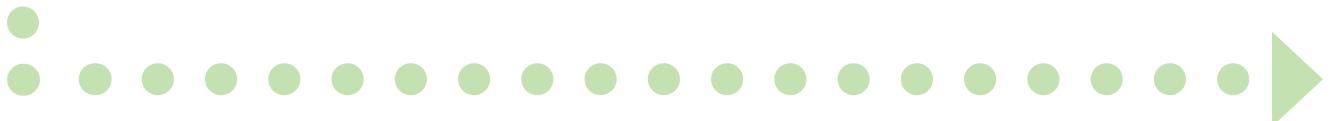
Difficulty seeing in bright light or artificial lights such as headlights on a car at night

### Halos:

Circular ring around a light

### Dimness or Low Contrast:

Image looks dull or not as bright. Seeing spots, difficulty reading or trouble seeing facial features in dim light



You will soon be enjoying a new level of clearer reading vision that will simplify your life. We have found the following tips help to accelerate your recovery: Avoid reading glasses, take medications as prescribed and keep follow-up appointments. The more you reach for reading glasses, the longer you will need them. Use these simple tips to help break the habit.

## ① **Avoid Reading Glasses**

### **What You Need to Get Started**

- Artificial Tears (Preferably non-preservative eye drops)
- Lighting (Bright light)
- Reading Material

### **Tips to Improve Near Vision**

1. Frequency is more important than longevity. The more frequently you practice, the faster you are likely to improve your near vision.
2. Take short breaks from near work to avoid or reduce eye strain.
3. If vision becomes blurry while reading, try using artificial tears, blink several times and wait a few minutes before continuing.

### **Steps to Improve Near Vision**

To reduce your dependence on reading glasses, try the following:

1. Insert 1 artificial tear drop in each eye. Blink several times.
2. Close your eyes and then blink 3-5 times.
3. Adjust the light to maximize the brightness and amount of light.
4. Begin as follows:
  - Hold your reading material at a comfortable reading distance.
  - Read for 5 minutes without glasses.
  - Stop reading and focus on your distance object for 1 minute.
  - Repeat 3 times.





# More Tips to Help Accelerate Your Recovery

## **Additional Tip:**

If you are having difficulty focusing on near objects/text with the KAMRA™ inlay eye, help the brain adapt to using this idea:

- Cover non-implant eye and focus on reading material.
- Adjust your reading material (closer or farther) until your implant eye is able to focus and see the print clearly.
- Uncover non-implanted eye while you concentrate on keeping the print in focus and both eyes aimed at the reading material.
- Begin reading. If you feel the non-implant eye “taking over”, cover the non-implant eye again to regain your clear focus.

## **② Take medications as prescribed.**

Your doctor will provide a detailed drop regimen for you to follow. Eye drops will help your eye heal and keep it healthy. Set a reminder on your phone so you don't forget this important step in recovery!

## **③ Keep follow-up appointments.**

It is important to keep all follow-up appointments with your eye doctor. Below is a checklist of the follow-up days you can schedule with your eye doctor:

Surgery Date: \_\_\_\_\_

1 Day: \_\_\_\_\_

1 Week: \_\_\_\_\_

Additional examinations will be scheduled at 1 month, 3 months, 6 months and 1 year. These can all be scheduled at your convenience, based on your eye doctor's office hours.



# Your Guide to Inserting Eye Drops



**Step 1** Thoroughly wash your hands with soap and water. Dry your hands on a clean, lint-free towel.



**Step 2** Remove the cap of the eye drop bottle. Be careful not to touch the top of the bottle with your fingers or eye.



**Step 3** Tilt your head back and look up.



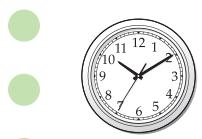
**Step 4** While titling your head back, gently pull your lower lid away from the eye with your index finger. Using your thumb and index finger, pinch the lid outwards. This will create a pocket for you to place the drop.



**Step 5** Let the drop fall gently into the pocket. Do not allow the top of the bottle to touch your eye or lid.



**Step 6** Close your eyes and hold your thumb and middle finger over the small openings in your lower eyelids (located near the corner of your eyes near the bridge of your nose). Hold for two to three minutes. This will help the drops stay in your eye and prevent it from being absorbed by your body.



**Step 7** If you have more than one drop, wait about one to two minutes before putting in the second eye drop.



**Step 8** Wash your hands after using the eye drops.



# Life with the KAMRA™ inlay

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# Keeping the KAMRA Inlay Eye Healthy

- Routinely use artificial tears to maintain a healthy cornea
  - Avoid rubbing your eye for the first week

## Maintaining Healthy Vision

- Get eye exams per your eye doctor's recommendations
  - Protect your eyes
    - Wear sunglasses with UV protection when outdoors
    - Wear protective eyewear when playing sports or doing vigorous activities
  - Do not smoke
  - Prevent eye strain by following the 20-20-20 rule
    - Every 20 minutes look away from your close-up device (computer, cellphone) and look 20 feet in front of you for 20 seconds.
  - Keep your body healthy
    - Maintain a healthy diet and exercise often



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