

Your Visual
Recovery Guide
with the KAMRA™ inlay



Rejuvenating everyday vision™. ● **Safe. Proven. Effective.**

 **KAMRA™**

Natural Vision without Compromise

*Congratulations on your decision to
restore your near vision with the KAMRA™ inlay!*

*You will soon be enjoying a new level of
visual freedom that will simplify your life.*

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 learn how to keep your eyes healthy, what to expect for the first year and how you can achieve the best possible vision.



Eye Health

Your eye doctor only implanted the KAMRA™ inlay after a comprehensive exam proved your eyes are healthy. It's important that you keep your eyes healthy. Here are a few simple guidelines to a lifetime of better vision.

Keeping the KAMRA Inlay Eye Healthy

- Routinely use artificial tears to maintain a healthy cornea.
- Avoid rubbing your eye for the first 90 days.

Maintaining Healthy Vision

- Always wear sunglasses with UV protection when outdoors.
- Wear protective eyewear when:
 - ✓ Playing contact sports.
 - ✓ Working with liquids, woods, metals, glass or automotive batteries.
 - ✓ Making home improvements or auto repairs.
 - ✓ Using lawn equipment.
- Get yearly eye exams.



*Your eyes
are irreplaceable.
Take good care of them.*

*“I love my new look!
And it’s actually my ‘old’ look...
before I used reading glasses!”*

– Journalist, 49



Accelerating Your Recovery

The more you reach for reading glasses, the longer you will need them. Follow these simple exercises to help break the habit.

Getting Started

You will need the following to complete this exercise:

- **Time:** A minimum of 15 minutes per day.
- **Lighting:** Adjustable task lighting is ideal or very good overhead lighting.
- **Artificial Tears:** Preservative-free eye drops
- **Reading Material:** Your choice! (e.g.: mobile phone, computer or book.) You may want to start with larger sized print materials. As you gain confidence, try reading smaller text.
- **Distance Object:** Any object that is a minimum distance of 3m or 10ft. (Examples: clock, picture, window treatments or tree outside the window.)

Steps to Improve Near Vision

1. Insert 1 artificial tear drop in each eye. Blink several times.
2. Relax for a couple of minutes.
3. Adjust the light, if possible, to maximize the amount of light on your reading material.



*“After two years
of freedom from reading glasses,
I’m still amazed.”*

– Businessman, 48

4. Exercise 1:

- 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 to 2 minutes.
- Repeat exercise three times.
- If vision becomes blurry while reading, try using artificial tears, blink several times and wait a minute before continuing.

5. Exercise 2:

- Cover your non-implanted eye and focus on your reading material.
- Adjust your reading material (closer or farther) until your implant eye is able to focus and see the print clearly.
- Uncover your 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 your non-implant eye “taking over”, cover the non-implant eye again to regain your clear focus.



Stop reaching for reading glasses & start enjoying natural vision without compromise.

*“I am exercising by texting my sister.
This is exercise I can handle.”*

– Psychologist, 54



What to Expect

The First 48 Hours

Immediately following surgery, it is common to experience light sensitivity, watery eyes and irritation. Light sensitivity usually occurs 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 will only experience moderate improvement due to personal healing patterns.

The First Three Months

You are reaching for reading glasses less. Here's what else you can expect:

- Tear film disorder is 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 need for reading glasses has decreased significantly. You are enjoying a whole new level of visual freedom. Here's what else you can anticipate:

- Your doctor will continue to monitor your eyes for tear film disorder.
- 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.



“I feel my near vision getting stronger with each week. It’s amazing how clearly I can see now.”

– Account Executive, 44

Common Visual Symptoms

The KAMRA™ inlay may induce similar visual symptoms as a LASIK or PRK procedure. However, these symptoms are treatable and are expected to resolve over time. The most common symptoms include the following:

Tear Film Disorder:

The most common symptoms of this condition may include:

- Blurry vision
- Excessive tearing
- Burning, scratchy, or gritty feeling

Or, there may be no noticeable symptoms.

Treatment may involve temporary or permanent punctual plugs, artificial tears and ointments or other medications.

Glare:

Light source or scene appears to be in a fog.

Halos:

A round cloud around a light at night that is the same color as the light source.

If you have additional questions, talk to your eye care provider. Visit us at KAMRAinlay.com.



*Take care of your eyes,
and they'll take
good care of you.*

*“Sure, I have grandchildren.
And I love being a grandma.
But I don't want to look like one.”*

– Teacher, 60





The KAMRA inlay is designed to improve functional near vision and reduce dependency on reading glasses. Although eliminating the need for reading glasses may occur for some, it is not the expected result. You may need reading glasses for reading in dim lighting conditions, performing near tasks for a prolonged period of time or reading very small print.

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