POST ENDOTHELIAL CORNEAL TRANSPLANT (DSEK)  
Discharge Instructions for the First Night

Your doctor is:

_______ Dr. Steinert
_______ Dr. Farid
_______ Dr. Gaster
_______ Dr. Garg

*ALWAYS WASH YOUR HANDS BEFORE CARING FOR YOUR EYE

TODAY

• Leave the metal shield on your eye until you see your doctor tomorrow.
• DO NOT use any eye drops today.
• Remain in a **reclined and face up position** (approx 30 degrees) at all times except for bathroom and eating. KEEP THESE UPRIGHT INTERVALS AS BRIEF AS POSSIBLE!! When sleeping remain face up. Sleeping in a recliner chair propping with pillows helps to avoid turning over while sleeping.

TOMORROW

• Stay in a **reclined and face-up position** as much as possible until your appointment
• Leave the metal shield on your eye until you see your doctor.

Your post-operative appointment is scheduled tomorrow at the:

☐ Gottschalk Medical Plaza, Irvine
☐ Pavilion II, UCI Medical Center, Orange

at ______ am/pm
(Ask for a map if you need directions)

Bring blue Medication bag and all drops with you to your appointment

• **DO NOT** bend from the waist or lift any objects heavier than 10 pounds
• **DO NOT** sleep on the operated side for the first 24 hours
• **DO NOT** shower until after your first appointment tomorrow

• **YOU MAY** resume your usual schedule of medicine/pills and regular diet.
• **YOU MAY** read, watch TV, take walks, climb stairs
• **YOU MAY** brush your teeth, comb your hair, shave

**You have received a sedative that may stay in your system for the next 6-12 hours. **DO NOT** drive, drink alcohol, or make any legal or binding decisions today,**
YOU CAN EXPECT THE FOLLOWING

- Your vision may fluctuate – this is normal.
- You may have some discomfort or scratchiness in your eye
  - You may use Tylenol or Ibuprofen (Advil/Motrin) as directed on the bottle
- You may have some redness in the white of your eye
- You may have double vision
- Your eyelid may have some drooping

Call your doctor at 949-824-2020 immediately if you experience:

- Severe, prolonged pain not relieved by Tylenol or Ibuprofen
- Persistent nausea or vomiting
- Any bleeding or abnormal drainage from the eye
- Temperature greater than 100 F
- Any sudden loss in vision
- If you do not receive a call back, proceed to the Emergency Room at UCI Medical Center, Orange.

Eye Care
1. Use the sunglasses for comfort & protection outdoors until light sensitivity subsides.
2. If there are crusts or secretions on the eyelids, you may remove them by wiping gently with a cotton ball or clean washcloth moistened with sterile ocular irrigation (saline) solution from the drugstore. **DO NOT** rub or put pressure on the eye.
3. **For two months:**
   - Wear the plastic protective eye shield at bedtime
   - Avoid sleeping on the side of the operated eye or facedown
   - Do not bend or stoop with the head below your waist
   - Do not strain in anyway (including bowel movement)
   - Do not lift anything heavier than 10 pounds
   - Avoid any blow to the head or eye
4. Do not allow anything that might carry germs into the eye (i.e. perspiration or shower water)
5. All daily activity other than strenuous athletics may be undertaken after the first post-operative day.
6. Athletics may be resumed after one week but the operative eye must be protected by safety glasses against a direct blow. Safety glasses for sports are strongly advised for the protection of both eyes at all times for the rest of your life.
7. Non-strenuous sexual activity is permitted after the first post-operative day.
8. If you need instructions on applying eye medications and cleaning the eyes, do not hesitate to ask one of our nurses or technicians.