POST-OPERATIVE INSTRUCTIONS FOR CORNEA PATIENTS

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EYE MEDICATIONS:
Always wait 5 minutes in between each eye drop (the order does not matter)
Always wash your hands before caring for your eye

RIGHT EYE / LEFT EYE
If you are using glaucoma drops, resume them unless otherwise instructed

PRESCRIPTION:

1. VIGAMOX (tan top)
2. PREDFORTE/ PREDNISOLONE 1% (white or pink top)

OVER THE COUNTER:
3. ARTIFICIAL TEARS (Refresh/Optive/Systane/Blink/CELLUVISC)

DO NOT USE:
ACULAR or Votaren or Ketorlac (gray top)

Other eye drops:
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EYE CARE:
1. Use the sunglasses for comfort and 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 wash cloth moistened with sterile ocular irrigation (saline) solution from the drugstore. Do not rub or put pressure on the eye.
3. Protect the operated eye at all times for 2 months after surgery:
   • Wear glasses (prescription or sunglasses) or your shield at all times.
   • Wear the plastic protective eye shield at bedtime.
   • Avoid sleeping on the side of the operated eye or face down.
   • Do not bend or stoop with the head below your waist.
   • Do not strain in any way (including bowel movement).
   • Do not lift anything heavier than 10 pounds.
   • Avoid any blow to the head or eye.
   • Dirty water carries germs and could infect your cornea. Hair must be washed with assistance, placing the head backward so that dirty water does not run over the face and into the operated eye for the first week after surgery.
   • After the first week, you may wash your hair in the shower, protecting the eye with a soft pad and shield securely taped. You can also use swimmer’s goggles that have a tight seal.
4. All daily activity other than strenuous athletics may be undertaken after the first post-operative day.
5. Safety glasses for sports are strongly advised for protection of both eyes at all times for the rest of your life.
6. Non-strenuous sexual activity is permitted after the first post-operative day.
7. If you need instruction on applying eye medication and cleaning the eye, do not hesitate to ask one of our nurses or technicians.

IN CASE OF EMERGENCY:
You should not need pain medication stronger than the usual over-the-counter headache type medication (i.e. Tylenol or Advil). If you have more severe pain in the eye, increase in discomfort, severe clouding of your vision, increase discharge, or receive a blow to the eye – call the 24 hour call center immediately at 949-824-2020. If you cannot reach us for some reason, proceed to the Emergency Room at the UCI Medical Center in Orange. If you are at a distance, contact your local ophthalmologist or go to the nearest Emergency Room. DO NOT DELAY.