

Post-operative appointments

1-2 days post-operative appointment: _____ @ _____

1 week post-operative appointment: _____ @ _____

Please note: In order to ensure that your eyes are healing well, it is important to also come see us for post-operative visits at the one-month, three-month and six-month mark. Below are the tentative dates at which you will need to be seen. Please try to schedule your post-operative visits as close to these dates as possible.

One month _____ Three months _____ Six months _____

Post-operative medication

Name of medication	Instructions
Eyedrops	
Zymar (antibiotic) *prescribed	Use one drop of Zymar every four hours while awake until otherwise instructed. Start time: _____
Maxidex (steroidal/anti-inflammatory) Shake well. *prescribed *this schedule is subject to change at your one-day post-operative visit.	Use one drop of Maxidex every two hours while awake until otherwise instructed. Start time: _____
Refresh/Systane (lubricant) *provided	As needed for one week
Tetracaine *provided	Tetracaine is used for pain relief. You can use one drop per eye (maximum) every hour.

Note: lubricating drops should be the last drops of the day

Prescribed medication (pills)	
Zopiclone (sedative)	(Zopiclone is not advised if pregnant or nursing)

Post-operative instructions

During the time that your cornea is healing, your vision may be blurry. Your eye(s) may tear and your nose may run. The white of the eye (sclera) may be red or swollen and sore from the suction ring that was applied to it during surgery. You may be sensitive to bright light for several days or weeks. The level of discomfort each patient will experience is different; most patients report minimal, if any, discomfort at all.

1. Please go directly home to rest for a few hours. If you are employed, please be prepared to take 1-2 days off work. Factors such as smoke and harsh lighting in a work environment can affect the eye(s) on which you were operated.
2. Do not drive or operate hazardous equipment for at least the first 24 hours following surgery. Our eye care professionals will let you know when you can safely return to driving.
3. Eye protection: You will be given dark glasses which you should wear after your surgery until bedtime. Avoid rubbing or squeezing your eyes. Use lubricating drops as necessary.
4. Eyedrops are essential to the healing process, so make sure you use them as instructed. Please bring your post-operative kit (drops and medications) with you to your post-operative appointments.
5. UV protection: sunglasses should be worn outside in bright sunlight for at least one year post-operatively, in order to protect your eyes from ultraviolet radiation from the sun.
6. The level of discomfort varies from patient to patient and often subsides after 24 hours. If you have any concerns, don't hesitate to call the clinic.

Restrictions

1. No work, driving or flying in airplanes for the first 24-48 hours
2. No showering (water in face) or exercise, weight-lifting or non-contact sports for the first 72 hours
3. No eye makeup for 1 week (unless otherwise informed by the ophthalmic technician at the post-operative appointment)
4. No swimming for two weeks
5. No racquet sports or contact sports (hockey, boxing, martial arts, etc) for three weeks
6. No water sports (waterskiing, whitewater rafting/kayaking, etc) for one month

Patients must advise London Eye Centre of any infections and/or hospital admissions that occur within the first 30 days following a procedure at one of our clinics.