

## Post-operative appointments

1-2 day post-operative appointment: \_\_\_\_\_ @ \_\_\_\_\_

3-4 day post-operative appointment: \_\_\_\_\_ @ \_\_\_\_\_

5-6 day 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 six-week, four-month and ten-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.

Six weeks \_\_\_\_\_ Four months \_\_\_\_\_ Ten months \_\_\_\_\_

## Post-operative medication

Name of medication		Instructions
<b>Eyedrops</b>		
Zymar (antibiotic) *prescribed	Use <b>one drop of Zymar every four hours</b> while awake until otherwise instructed.  Start time: _____	
Maxidex (steroidal/anti-inflammatory) Shake well. *prescribed	Use <b>one drop of Maxidex every two hours</b> while awake until otherwise instructed.  Start time: _____	
Refresh/Systane (lubricant) *provided	Refresh/Systane should be used <b>frequently (every 30 minutes)</b> ; wait five minutes before using medicated drops.	
Tetracaine (pain drop) *provided	If in severe pain, use one drop, then wait <b>five minutes</b> – if no improvement, try another drop. This regime can be repeated every hour if necessary (for a maximum of two drops per hour).	

You will be given instructions regarding the use of eyedrops during your various post-op examinations.

Pills	
Tylenol #3 (pain reliever)	
Zopiclone (sedative)	(Zopiclone is not advised if pregnant or nursing)

### 24-HOUR EMERGENCY SERVICE

(For eye emergencies only, such as unable to replace bandage, contact lens, unmanageable pain, increased pain within days of contact lens removal)  
 During business hours: New Westminster 604-526-2020  
 After hours phone: New Westminster 604-526-2013

## Post-operative instructions

1. Please go directly home to rest for a few hours. If you are employed, please be prepared to take 5-7 days off. Factors such as smoke and/or harsh lighting in a job environment can affect the eye(s) that were operated on.
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. You may experience discomfort for up to 72 hours post-operatively. The bandage contact lens, or corneal shield, is used to reduce a foreign body or gritty sensation by protecting the treated area. It is normal to have some dryness, which is why we recommend liberal use of the lubricant eyedrop. It is important to note that, contrary to popular belief, dry eyes may produce a lot of tears – this is a reflex and not a sign that the eye(s) are adequately lubricated. A dry eye can burn, sting and blur – so be sure to lubricate frequently.
4. All prescribed eyedrops are essential to the healing process so make sure you use them as instructed. **Please bring your drops with you to your post-operative appointments.**
5. You may clean around your eye(s) with a clean tissue but be careful to not dislodge the bandage contact lens.
6. Something cold can help ease pain or swelling. If needed, you may apply a cold pack to closed eyelids (i.e. an ice pack or bag of frozen peas).
7. If the bandage contact lens falls out of your eye, replace it with the spare contact lens that was given to you in your post-operative kit. If you are unable to replace the contact lens, please call our emergency number.
8. **Smoking:** During the first 72 hours, the skin layer (epithelium) of your cornea will be growing back and your eyes will be sensitive to smoke. Please try to refrain from smoking but if necessary, it is best to do so outside.
9. You will be sensitive to light for 2-5 days. This should improve as each day passes.
10. In order to protect your eyes from **UV radiation from the sun**, please be sure to wear sunglasses when in sunlight for the first year.
11. **Bathing:** If you must take a shower on the same day after your surgery, please take extra precautions. Protect your eye(s) from soap and do not spray water directly in your face. It is best to pat-wash around your face with a clean face cloth. Water can carry bacteria, so it is important not to contaminate your eye(s) during the first 2-3 days after your surgery.
12. Do not expect immediate clear vision; you will be functional. The eye is farsighted for a while as the epithelium re-forms its full thickness and re-establishes the “tear film”. The speed with which the tear film re-forms is the most variable part of the healing process and depends on the health of your mucin secretions; the mucin is what holds tears on the surface of the eye. Dry eyes can result in variable blurring of the eye.
13. Please do not wear eye makeup for at least 4-5 days post-operatively or until instructed otherwise.

**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.**

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