

LENS IMPLANTATION AFTERCARE INSTRUCTIONS

- ❑ **If you develop moderate eye or eyebrow pain, a dramatic decrease in vision, or increase in redness and discharge, page the doctor at (310) 208-3937.**
- ❑ It is okay to rub the treated eye gently with a tissue.
- ❑ Your treated eye may remain dilated for up to 24 hours following your procedure.
- ❑ Your vision may be blurry for several days or longer. A mild amount of fluctuation of vision is normal.
- ❑ It is normal to experience irritation, light sensitivity, dryness, watering, and scratchiness for about one week following your procedure.
- ❑ If you notice symptoms of a retinal detachment, please call us immediately. There are three symptoms of a retinal detachment: 1) A curtain coming across your vision; 2) A flashing light in the corner of your eye; 3) The new appearance of a large number of floaters, appearing like a swarm of bees or a spider web. Note: you may notice some new floaters immediately after the procedure. These are normal and are not a sign of a retinal detachment. Rather, a large number of new floaters appearing more than one week after surgery is concerning.
- ❑ Since the new lens is crystal clear, you will initially be more sensitive to bright light. You can use sunglasses in order to feel more comfortable, but they are not required.
- ❑ You may resume your regular diet and medication schedule.
- ❑ Do not drink any alcohol the day of your procedure.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for one week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye makeup for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh makeup; old mascara and eyeliner accumulate germs. You may resume wearing your old makeup after one week.
- ❑ You may resume exercise tomorrow. It is okay to do heavy lifting. Wear eye protection for activities, like tennis, where eye trauma is possible.
- ❑ If this is your first eye treated, you may benefit from wearing your usual contact lens in the untreated eye.

□ **Medications:**

- **Wait 3 minutes between taking the different eye drops.** It does not matter which eye drop you use first.
- **Ofloxacin:** Antibiotic eye drop which helps prevent infection. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 1 week, including the day of your procedure. You may stop the drops if they run out.
- **Prednisolone Acetate 1%:** Anti-inflammatory eye drop which helps the eye heal. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for two weeks, including the day of your procedure. **SHAKE WELL** before each use (20 shakes). This drop may leave a harmless white residue in the corner of your eye. You may gently wipe it away.
- **Ketorolac Tromethamine Ophthalmic Solution 0.5%:** Anti-inflammatory eye drop which helps the eye heal. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) until it runs out, including the day of your procedure. Do not use for more than 4 weeks.
- **Tylenol, Advil, Nuprin** (or your preferred pain reliever): As needed for discomfort. Do not take more than 1 pain reliever at a time.

□ Your 1-day aftercare visit at: _____ is scheduled for: _____.

□ Your 1-week aftercare visit at: _____ is scheduled for: _____.

□ If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.