

VERISYSE IMPLANTABLE CONTACT LENS AFTERCARE INSTRUCTIONS

- ❑ If you develop moderate eye or eyebrow pain or for any other potential emergency, page the doctor at (310) 208-3937.
- ❑ It is okay to rub the treated eye gently with a tissue.
- ❑ Your vision may be blurry for several days or longer. A mild to moderate 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.
- ❑ You will probably see a red area on the white part of the eye after your procedure. This will gradually clear and your eye will regain its normal appearance.
- ❑ 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 make-up for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh make-up; old mascara and eyeliner accumulate germs. You may resume wearing the make-up you already have after one week.
- ❑ Do not exercise for 48 hours. After 48 hours you may resume exercise but refrain from lifting heavy objects for one week after your procedure. Avoid activities where eye trauma is likely.
- ❑ If this is your first eye treatment, you may benefit from wearing your usual contact lens in the untreated eye.

□ Medications:

- Please 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 one week, including the day of your procedure.
- Prednisolone Acetate 1% (Omnipred or Pred-Forte): 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, just gently wipe it away.
- Tylenol, Advil, Nuprin (or your preferred pain reliever): As needed for discomfort. Do not take more than 1 pain reliever at a time.
- Diamox tablets (acetazolamide): You will be given 1 tablet in the recovery room. Take 1 tablet six hours after leaving the surgery center, and continue every six hours until the tablets are gone. Set an alarm to wake you up if necessary so that you do not miss a dose.

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

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