

Phakic IOL Surgery (Visian)

Before Surgery:

Use **Zymar** one drop **4** times on the day prior to surgery

The evening before surgery:

- Please discontinue contact lenses
- **NO** food or drink after midnight the evening prior to your surgery.
- Remove all eye makeup including eyeliner and mascara
- Be certain to have driving arrangements made for the following day.
Patients cannot drive home after surgery.



Surgery Day:

MORNING PRIOR TO SURGERY

On the morning of surgery, please take all medications with a sip of water. Do not eat or drink otherwise unless instructed.

Do NOT use any eye make up or mascara.

Please bring your surgical kit and instructions to the surgery center

Please arrive at least 45 minutes prior to surgery

AFTER SURGERY

****You will need to have your eye pressure checked at the Chevy Chase Office 2-4 hours after surgery**.**

Immediately following Start your post-operative drops upon returning home (or no later than 2 hours after surgery)

Zymar (antibiotic)



1 drop 4 times a day
(eg 3 meals plus bedtime) for 4-7
days (until bottle empty)

Pred Forte (anti-inflammatory)



**SHAKE
WELL**

Weeks 1 and 2: 1 drop 4 times a day.
Week 3: 1 drop 2 times a day.
** Be certain to shake the bottle
thoroughly prior to each drop.

Allow a minimum of 5 minutes between each drop to ensure full benefit of each drop.
If your eyes feel dry or gritty, please use artificial tears. You may use them frequently
(up to every 1-2 hours). We recommend Bion, Systane, Refresh, Refresh Liquigel, and
Gentel tears.

Unless instructed otherwise, please continue all other medications (pills, eye drops,
etc.) as before surgery.

For discomfort use any over-the-counter medication (Tylenol, Aspirin, Advil, etc.). If
you develop pain that is not managed by these medications, please contact us as
instructed below.

ACTIVITIES

Do not rub your eyes under any circumstances for at least 2 weeks. After 2 weeks, you may gently rub your eyes

Wear protective sunglasses under any circumstance where you may get struck in the eye (small children, pets, etc.)

Sleeping with a shield is necessary for two weeks. You may sleep with the shield for a longer time period if you are worried that you may rub or harm your eye.

Your vision may be somewhat blurry. Do not be alarmed, as this should usually clear within several days.

Your eyelids may be mildly “droopy” or swollen. This is usually a temporary condition.

Temporary floating spots and brief flashes are common following surgery but should disappear. If the floaters are large, persistent, or accompanied with loss of vision, call the office immediately.

If you are not comfortable driving or operating hazardous equipment, please avoid doing so until your vision is satisfactory.

You may notice increased sensitivity to sunlight. Please wear sunglasses as needed for comfort.

Refrain from any eye makeup for 3 days following your surgery.

You can resume **most** normal activities immediately. Patients may do aerobic exercises (running, walking, bicycling, etc) and return to work on the next day. Do not lift heavy objects (>40 lbs) or bend in a manner that causes strain on your eye for at least 3 weeks. The best manner to avoid straining is to act in a manner similar to if you had strained your back.

We ask that you do not go swimming or go in a hot tub for at least 14 days following surgery.

RSVP: **R** = Redness
 S = Swelling
 V = Visual Decline
 P = Pain

If any symptoms listed occur, call our office *immediately* for advice and instructions. After normal business hours, the call will be handled by the answering service. An eye care professional will be paged and will promptly return your call.

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