

1 WEEK BEFORE SURGERY

STOP any Aspirin, Coumadin, Plavix, Vitamin E

1 DAY BEFORE SURGERY

Zymaxid (antibiotic)

1 drop 4 times a day (e.g. 3 meals + Bedtime)



The evening before surgery

- Discontinue contact lenses
- NO food or drink after midnight. You may take your normal medications (pills) with sips of water.
- Remove all eye makeup including eyeliner and mascara
- Be certain to have driving arrangements made for the day of surgery. You must be accompanied when you check in and when you check out.
- Palisades Eye Surgery Center will call you 1 day before surgery and provide you with the most accurate arrival/surgery time. Please anticipate their phone call or voice message.

SURGERY DAY (MORNING OF SURGERY)

- Please take all medications with a sip of water. Do NOT eat or drink unless otherwise instructed.
- Do NOT use any makeup or mascara
- Please bring your surgical kit and instructions to the surgical center
- Please arrive 1 hour prior to surgery.

Immediately After Surgery and the First Night:

- Do not remove the patch and shield unless instructed to do so by the recovery room staff.
- For discomfort, you may use either the pain medications prescribed by your doctor or any type over-the-counter medication (Tylenol, Advil, aspirin, etc.).
- If you develop pain that is not managed by these medications, please contact your doctor as instructed below.
- Later in the day, you may be instructed to take a Diamox Sequel pill. This pill may make you need to urinate more frequently.
- Unless informed otherwise, continue to use all prescription medications (both oral and eye drops) as before surgery.

INSTRUCTIONS AFTER CORNEA SURGERY

Zymaxid (antibiotic)

4 doses/day



Durezol (anti-inflammatory) **Artificial Tears**

4 doses/day



**SHAKE
WELL**

4-6 doses/day



Zymaxid **4** doses/day (e.g. 3 meals + Bedtime)

Durezol **4** doses/day (until instructed to stop)

Artificial Tears **4-6** doses/ day

Drops are only for the operated eye and can be used together, in any sequence, if separated by at least 3 min. It is normal that some drops will sting. Close the eye gently for a minute after instilling a drop. Please bring your drops along with this handout with you to each postop appointment.

Activities: **No pressing or rubbing the eye for 8 weeks.** Wear the eye shield while sleeping for at least 6-12 weeks. You must wear full time eye protection for the first 2-3 months and under any circumstance where you may get struck in the eye (small children, pets, etc.). If you do not own glasses, ask your doctor to furnish you with a prescription so that you can buy temporary glasses. Refrain from any eye makeup for 7 days following surgery. Avoid strenuous activity. You may read and watch TV as much as you would like. You may resume work and driving when you feel ready. **Restrictions will be lifted as you heal.**

CALL IMMEDIATELY if you experience severe pain or sudden loss of vision

Visual Recovery: You should not expect to see well immediately. There is normally much variability in the recovery rate between different patients. Your eyelids may be mildly “droopy” or swollen. This is usually a temporary condition. You may notice that your vision is blurry. If you are not comfortable driving, or operating hazardous equipment, please avoid doing so until your vision is satisfactory. It usually takes several months before visual rehabilitation is started. You may notice increased sensitivity to sunlight. Wear sunglasses as needed.

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