

POST-OPERATIVE CARE FOR VISIAN ICL

You may return to your normal activities the same day as surgery, if you feel up to it, with the following exceptions:

- You may feel groggy from the anesthetic medication for the first 24 to 48 hours after surgery. If you feel groggy or tired, feel free to sleep or relax as much as possible until you feel back to normal.
- When you shower or bath, avoid getting soap/water directly in the operative eye(s) for 5 days after surgery.
- Avoid bumping or rubbing your eyes the first five days after surgery.
- Avoid swimming, hot tubs, and water sports for five days after surgery.
- You should not drive a car or operate heavy machinery for at least 24 hours, and after that not until you feel comfortable with your level of vision. Many people experience blurriness or haziness for the first 3 to 5 days after surgery.
- Do not lift more than 20 lbs or bend past your waist for five days.
- No eye make-up (eyeliner or mascara) for 5 days following surgery. Other types of facial make-up are acceptable.

MEDICATIONS: (Start 3-4 hours following surgery)

Bromidine (or Alphagan P): 1 drop 3 times per day for 1 week, then discontinue

PREDGATI: (Preferred) 1 drop 3 times per day for 1 week, then discontinue

OR

BESIVANCE or OFLOXACIN: 1 drop 3 times per day for 1 week, then discontinue.

AND

LOTEMAX GEL or PREDNISOLONE or Dexamethasone: 1 drop 3 times per day for 1 week, then discontinue

OTHER INSTRUCTIONS

- A medication called Miostat is injected into your eye at the time of surgery to make the pupil smaller to assist creating the opening in the iris (iridotomy). This medication will make your pupil very small for 24-48 hours (but may last up to 5-7 days). If the pupil is small, this may blur your vision and make you vision feel dark. These symptoms will resolve when the pupil relaxes back to its normal size.
- When you sleep, you must tape on the plastic shield(s) over the operative eye(s) for 1 week after surgery.
- It is not unusual to have double, blurry or fluctuating vision for 3 to 7 days after surgery.
- A scratchy, itchy feeling or minor discomfort from the incision in the operative eye(s) is common for the first 3 to 5 days following surgery.
- Use artificial tears as often as needed for irritation, dryness or gritty feeling.
- Take acetaminophen (Tylenol) or ibuprofen (Advil) for minor pain or discomfort in the first 24 to 48 hours after surgery, if needed.
- Continue to take any regular medication for any health conditions as ordered by your family physician.
- If you experience severe eye pain, throbbing or loss of vision, please call us immediately at (805) 987-5300
- Return for all of the follow-up visits recommended by your doctor.

I have read the post op instructions and had the opportunity to ask questions and have them answered to my satisfaction.

Signature of Patient: _____ **Date:** _____

Signature of Witness: _____ **Date:** _____