



WOLSTAN & GOLDBERG EYE ASSOCIATES

EXCEPTIONAL FAMILY VISION CARE FOR OVER 30 YEARS

BARRY J. WOLSTAN, MD | DAMIEN F. GOLDBERG, MD | DAVID A. MARKMAN, MD | T. MAI PHAN, MD

INSTRUCTIONS FOR PENETRATING KERATOPLASTY PATIENTS

MEDICATIONS BEFORE SURGERY:

- ◆ If you currently take anticoagulants or any other blood thinning medications, continue taking blood thinners and aspirin as prescribed by your primary care physician.
- ◆ If you are taking aspirin for any reason other than as a prescribed blood thinner, please discontinue use 7-10 days prior to your surgery date.
- ◆ **FLOMAX/CARDURA ALERT:** Make sure your doctor is aware if you are currently taking Flomax or Cardura. If you are currently taking Flomax or Cardura, you must discontinue and take Atropine instead for 3 days prior to surgery. You may continue the use of Flomax or Cardura the day after your surgery.
- ◆ **KIDNEY DISEASE/ATROPINE WARNING:** If you take Flomax or Cardura AND you have kidney disease, please alert your doctor.

PREPARATION BEFORE SURGERY:

- ◆ You will be given a prescription for antibiotic eyedrops called VIGAMOX. You will need to have this prescription filled, and start using them for 1 DAY BEFORE SURGERY, one drop in the eye to be treated four times a day (breakfast, lunch, dinner, bedtime).
- ◆ If you wear contact lenses, you must remove the lens before bedtime the night prior to surgery.
- ◆ NOTHING to eat or drink, no gum or candy, and no smoking for 8 hours prior to surgery! (except small sips of water for medications only)
- ◆ If you normally take medications in the morning for high blood pressure, seizures, breathing problems, or heart problems, take them the morning of surgery with small sips of water.
- ◆ If you use eyedrops for glaucoma, please use them as you normally do.
- ◆ If you are diabetic, do not take any diabetic medications the day of surgery. Bring them with you to the hospital and they will administer after the surgery.
- ◆ Prepare a list of all medications that you are currently taking including milligrams and dosage, along with all insurance cards, to bring with you to the surgery facility.



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PREPARATION BEFORE SURGERY (cont'd):

- ◆ Make sure you have arranged to have a responsible adult drive you home after your procedure. You may take a taxi, however you must have a responsible adult (someone other than the taxi driver) check you out and accompany you home. Please make arrangements to have a responsible adult driver pick you up at the time of your discharge, or your surgery will be cancelled. Time spent at the Hospital may vary for each individual but usually ranges between 2 and 3 hours.
- ◆ Wear simple, comfortable clothing and flat shoes. Shirts that button down the front are preferred.
- ◆ Remove all make-up, especially any eye make-up, and all jewelry. Do not wear jewelry and/or makeup to the surgery facility.

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 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 urinate more frequently.
- ◆ Unless informed otherwise, continue to use all prescription medications (both oral and eye drops) as before surgery.

POSTOPERATIVE CARE:

- ◆ You will have an appointment to be evaluated on the day after surgery.
- ◆ You will need to use 2 types of prescription eye drops during the post-operative convalescence. They are in your postoperative kit.
- ◆ For the first week: Use one drop of both the antibiotic (Vigamox) four times a day and anti-inflammatory drops (Pred Forte) twelve times a day (every hour while awake).
- ◆ After the first week: Usually, you will need to use the anti-inflammatory drop (Pred Forte) 4-6 times a day for at least three months. Your doctor or his staff will provide you with the appropriate instructions and prescriptions for your individual needs
- ◆ Be certain to shake the bottle thoroughly prior to each drop.

Telo Medical Center, 23600 Telo Ave., 1st Floor Suite 100, Torrance, CA 90505
(310) 602-5648 (surgery line) www.wolstaneye.com (310) 543-2275 (surgery fax)

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POSTOPERATIVE CARE (cont'd):

- ◆ Allow a minimum of 2-3 minutes between each drop to ensure full benefit of each drop.
- ◆ Unless otherwise instructed, please continue all other medications as before surgery.
- ◆ Your eyes may feel dry or "gritty". This is normal, and may last for several weeks.
- ◆ Please use preservative free or "dissolving preservative" artificial tears. You may use them frequently (up to every 1-2 hours). Your kit may contain individual packets of preservative-free tears. After those are empty, your doctor recommends Systane®, Bion Tears, Soothe®, Genteal® and Refresh Liquigel® tears. Both Genteal® and Refresh Liquigel® can be obtained in bottle form. These bottles are more economical and easier to use than the individual packets.
- ◆ Refrain from rubbing your eye for at least 8 weeks.
- ◆ Your eyelids may be mildly "droopy" or swollen. This is usually a temporary condition.
- ◆ You may notice that your vision is blurred. If you are not comfortable driving, or operating hazardous equipment, please avoid doing so until your vision is satisfactory.
- ◆ You must wear the eye shield at night while sleeping for at least 6-12 weeks following your surgery.
- ◆ You must wear full time eye protection for the first 2-3 months. If you do not own glasses, ask your doctor to give you a prescription so that you can buy temporary glasses
- ◆ You may notice increased sensitivity to sunlight. Please wear sunglasses as needed for comfort.
- ◆ Refrain from any eye makeup for 7 days following your surgery.
- ◆ You can resume most normal activities in one week. Unlike the convalescence with earlier surgical techniques, you do not have to be concerned about bending or lifting up to 20 lbs after 6 weeks.
- ◆ We ask that you do not go swimming or go in a hot tub for at least 14 days following surgery.
- ◆ Wear protective eyewear during any contact sports or around small children for a minimum of 3 months.
- ◆ If any symptoms of sudden onset of redness, pain, sensitivity to light, or visual decline occur, call our office immediately at (310) 543-2611 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.