

## **VISIAN ICL PHAKIC IMPLANT SURGERY**

### **MEDICATIONS BEFORE SURGERY**

- ◆ If you currently take anticoagulants or any other blood thinning medications, continue taking them 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 make sure and inform your eye doctor.

### **TWO (2) TO THREE (3) WEEKS BEFORE SURGERY**

- ◆ If you wear contact lenses, you must discontinue use 3 weeks for hard lenses, 2 weeks for soft lenses prior to the preoperative exam, and 1 week prior to surgery.

### **ONE WEEK BEFORE SURGERY**

- ◆ Please make certain that you have completed your clearance pre-op physical with your primary physician, and that all the required labwork was completed. It should be done no sooner than 30 days before surgery, and no later than 5 business days before surgery.

### **THREE (3) DAYS BEFORE SURGERY**

- ◆ You will be given either a sample or a prescription for antibiotic eyedrops. You will need to fill this prescription, and start using them for 3 DAYS BEFORE SURGERY, one drop four times a day (breakfast, lunch, dinner, bedtime) in the eye that is scheduled for surgery.

**START DATE:** \_\_\_\_\_

### **THE EVENING BEFORE SURGERY**

- ◆ NOTHING to eat or drink, no gum or candy, and no smoking after midnight the night prior to surgery! (except small sips of water for medications only)
- ◆ 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.
- ◆ 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.

### **THE DAY OF SURGERY**

- ◆ 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.
- ◆ 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.
- ◆ If you normally take medications in the morning, take them with small sips of water.

### **AFTER SURGERY**

#### **POSTOPERATIVE MEDICATIONS:**

WEEK 1: Use the drops Pred Forte, Vigamox/Zymar, Tobradex, and Acular four (4) times a day (breakfast, lunch, dinner, bedtime).

WEEK 2: Use the drops Pred Forte, Vigamox/Zymar, Tobradex, and Acular \_\_\_\_\_ times a day.

WEEK 3: Use the drops Pred Forte, Vigamox/Zymar, Tobradex, and Acular \_\_\_\_\_ times a day.

WEEK 4: Use the drops Pred Forte, Vigamox/Zymar, Tobradex, and Acular \_\_\_\_\_ times a day.

- ◆ Be certain to shake each bottle thoroughly before putting a drop in your eye. Allow a minimum of five (5) minutes between each drop.

### **AFTER SURGERY (cont'd)**

- ◆ If your eyes feel dry or scratchy, use artificial tears. You may use them frequently (up to every 1-2 hours). We recommend Systane®, Optive® Refresh, Bion tears, Refresh Liquigel®, and Genteal® tears.
- ◆ Unless told 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 immediately.

### **ACTIVITIES**

- ◆ Please use the eye shield whenever you sleep for the first week.
- ◆ Wear protective glasses in any circumstance where you may get struck in the eye (small children, pets, etc.)
- ◆ Your vision may be somewhat blurred. This will usually clear within several days.

### **WHAT TO EXPECT AFTER SURGERY**

- ◆ Your eyelids may be mildly "droopy" or swollen. This is a temporary condition.
- ◆ Temporary floating spots and brief flashes of light are common following surgery but should disappear. If there is sudden vision loss, 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 have increased sensitivity to sunlight. Please wear sunglasses as needed.
- ◆ You can resume most normal activities immediately. Patients may return to work in one day. We recommend you wait one week to return to running or playing golf. You do not have to be concerned about bending over. However, no lifting any objects over 20 lbs.
- ◆ Patients may bathe and wash hair, but must be careful to avoid getting water or soap in the eye for the first week. 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 weeks.
- ◆ If any symptoms of pain or decline in vision 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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