



POSTERIOR CORNEAL TRANSPLANT SURGERY (DSEK) POST-OPERATIVE INSTRUCTIONS

DR. ANTHONY J. ALDAVE

In order to avoid injury to the eye after surgery, it is important to follow these instructions carefully:

Medications:

1. **Leave your patch and shield in place until tomorrow's visit to Dr. Aldave's office.**
2. **Zymar** and **Pred Forte** drops: Start tomorrow after Dr. Aldave has examined your eye. You will use one drop of each to the operative eye four times a day. A good way to remember is to use them at breakfast, lunch, dinner and bedtime. Make sure to shake the Pred Forte bottle prior to use, and wait five minutes between drops.
3. Continue all other eye drops that you were using before surgery, unless otherwise directed by Dr. Aldave.
4. Aspirin, extra strength Tylenol or ibuprofen should eliminate the discomfort may be taken for discomfort. The dosages are ibuprofen 600 mg every 6 hours, two extra strength Tylenol every 6 hours, or two aspirin every 6 hours.

Activity:

1. Rest today. Lie flat as much as possible the day of the surgery.
2. Do not touch the shield that is over the operative eye. After the shield is removed tomorrow, do not rub or push on the eye.
3. Do not perform heavy lifting or strenuous activity until Dr. Aldave states that it is safe to do so (usually 3-4 weeks).
4. You can bathe, shower, shave and wash your face the day after surgery. Keep your eyes closed when washing your face.
5. Do not go swimming for 3 weeks after surgery.
6. Do not drive a motor vehicle, operate heavy machinery, or drink alcohol for the next 24 hours.

7. You may wear make-up on your face such as lipstick and powder immediately after surgery, but eye make-up should be avoided for two weeks.
8. You may return to work the day after surgery, if it is in an office setting.
9. If there are any activities that you are unsure about, check with Dr. Aldave.

Diet:

You may eat your usual diet.

Eye Protection:

If you have glasses or sunglasses, you may wear them during the day. If you do not, you should wear the shield during the day. All patients should wear a shield over the operative eye at night for four weeks.

Follow-up:

You will return to the Cornea Clinic, Doris Stein Eye Research Center tomorrow morning at **8:30 am**. You should bring your eye drops with you tomorrow.

Call Dr. Aldave's office (1.310.206.7202) if you experience any of the following:

- Excessive pain
- Progressively worsening vision
- Increasing redness of the operative eye
- Increasing sensitivity to light

Patient Signature

Date