

## LENS IMPLANTATION AFTERCARE INSTRUCTIONS

- ❑ Please do not touch or rub the treated eye.
- ❑ Your treated eye may remain dilated for up to 24 hours following your procedure.
- ❑ Your vision may be blurry for a few days. Some fluctuation of vision is normal.
- ❑ It is normal to experience irritation, light sensitivity, dryness, watering, and scratchiness for about one week following your procedure.
- ❑ If you notice symptoms of a retinal detachment, please call us immediately.  
There are three symptoms of a retinal detachment:
  - 1) A curtain coming across your vision;
  - 2) A flashing light in the corner of your eye;
  - 3) The new appearance of a large number of floaters, appearing like a swarm of bees or a spider web.Note: you may notice some new floaters immediately after the procedure. These are normal and are not a sign of a retinal detachment. Rather, a large number of new floaters appearing more than one week after surgery is concerning.
- ❑ Since the new lens is crystal clear, you will initially be more sensitive to bright light. You can use sunglasses in order to feel more comfortable, but they are not required.
- ❑ You may resume your regular diet and medication
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for one month after your procedure. You may shower or bathe freely after 1 week of your procedure.
- ❑ You may not wear eye makeup for 2 weeks following your procedure.
- ❑ You may resume light exercise from next day. Wear the protective glasses that are provided whenever you are outdoors. Please also use the protective eye shield when sleeping
- ❑ If this is your first eye treated, you may benefit from wearing your usual spectacle or contact lens in the untreated eye.

**Medications:**

- **Wait 2 minutes between taking the different eye drops. It does not matter which eye drop you use first.**
- **Ketoflox eyedrops:** Antibiotic and anti-inflammatory eye drops which helps prevent infection and inflammation. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 1 week, including the day of your procedure.
- **Prednisolone Acetate 1%:** Anti-inflammatory eye drop which helps the eye to heal. Apply 1 drop to the eye 6 times per day (breakfast, mid-morning, lunch, early evening, dinner and bedtime) for 1 week, including the day of your procedure.
- **SHAKE WELL** before each use (20 shakes). This drop may leave a harmless white residue in the corner of your eye.
- **Tablet Crocin/ Dolo/ Lanol ER** (or your preferred pain reliever): As needed for discomfort. Do not take more than 1 pain reliever at a time.

Your 1-day aftercare visit at: \_\_\_\_\_ is scheduled for:  
\_\_\_\_\_.

Your 1-week aftercare visit at: \_\_\_\_\_ is scheduled for:  
\_\_\_\_\_.

**If you develop eye pain, redness, nausea, vomiting or headache please get in touch with us at 022-23613937 / 022-23623937 between 9am and 6.30pm. After that you can reach us on 9320203937**