

Phakic IOL – ICL PREPARATION GUIDE

The following will guide you through each step prior to, during, and after the procedure.

YOUR APPOINTMENT

- Your Phakic IOL procedure is scheduled for

_____.

- You will be given your exact arrival time before 5pm one working day before surgery. (Saturday for Monday surgery; Monday for Tuesday surgery).

- The procedure will be performed at:

SAMYAK DRISHTI EYE CLINIC
101/202A 1st /2nd Floor Sukh Sagar N S Patkar Marg, Mumbai 400007.
(Girgaon Chowpatty)

- Your first aftercare visit at Samyak Drishti is scheduled for:

_____.

- If you must reschedule or cancel your procedure, please notify us at least 3 days in advance.

BEFORE YOUR PROCEDURE

- Your complete medical test reports and Physical Fitness report from your treating doctor (if mentioned by us) must be received by Samyak Drishti Eye Clinic at least 3 days before your scheduled surgery date.

- If you wear contact lenses, do not wear them in the eye that is going to be operated for 3 days before your procedure.

- ❑ Do not self- drive home after surgery. Please have an attendant accompany you home after the procedure
- ❑ Do not eat or drink for 2 hours prior to your procedure. You should take your regularly scheduled medications as instructed by your primary care doctor with a small sip of water.

BILLING AND PAYMENTS

- ❑ Please make arrangements for payment to Samyak Drishti Eye Clinic prior to the date of your procedure.
- ❑ If you are paying by cash, VISA or MasterCard you can pay on the day of surgery, before the procedure
- ❑ If you are paying by NEFT, RTGS, Net Banking, electronic fund transfer or online payments, you can pay 12 days before surgery. The details for the same are:
SAMYAK DRISHTI EYE CLINIC
Bank details: HDFC Bank
Branch: Chowpatty
RTGS / NEFT / IFSC Code: HDFC0001201
A/c No: 50200031445399
- ❑ If you are paying by cheque, you can pay 3 days before the surgery. Cheques can be made in favour of “SAMYAK DRISHTI EYE CLINIC”.

ON THE DAY OF YOUR PROCEDURE

- ❑ Please bring a list of all your medications with you
- ❑ Please remove all eye and facial make-up before you come in for your procedure.
- ❑ Please do NOT wear fragrances, perfumes, colognes, scented lotions deodorants or gels on the day of your procedure.

- ❑ A technician will prepare your eyes for the procedure by applying anti-septic eyedrops, anaesthetic eyedrops and cleaning your eye with anti-septic solution.
- ❑ The procedure will take about 15 minutes per eye.
- ❑ Your expected time of stay at the surgery centre is 2 hours.
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AFTERCARE

- ❑ Detailed aftercare instructions will be given to you after the 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.
- ❑ Start using the eye drops and/or other medication as indicated.
- ❑ Do not touch or rub the operated eye for one week. You can gently wipe around the eye with a tissue
- ❑ Do not splash water in the operated eye for one week
- ❑ Please shower below the neck for one week.
- ❑ You may use a wet towel (after squeezing out the excess water) to gently wipe your face (avoiding the operated eye) and hair
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for 2 weeks after your procedure.

- ❑ You may not wear eye make-up for 2 weeks following your procedure
- ❑ You may resume regular diet and medication after the procedure
- ❑ You may resume light exercises, walking or yoga the next day.
- ❑ Please wear the protective eye glasses whenever outdoors and the eyecups when sleeping at night
- ❑ Please use protective glasses for all activities where eye injury is possible
- ❑ Since we treat one eye at a time (instead of both eyes on the same day), you may benefit from wearing your usual contact lens in the untreated eye.

- ❑ **If you develop moderate or severe pain in or near the eye, please get in touch with us 022-23613937 / 022-23623937 between 9am and 6.30 p.m. After that you can reach us on 9320203937**

MEDICATION

- ❑ **Wait 3 minutes between taking the different eye drops.**
- ❑ It does not matter which eye drop you use first.
- ❑ **Moxifloxacin with Ketorolac:** Antibiotic and anti-inflammatory eye drops which help prevent infection and inflammation. Apply 1 drop to the operated eye 4 times a 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 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.
- ❑ **Tablet Diamox** (acetazolamide): You will be given 1 tablet in the recovery room. Continue as advised.
- ❑ Any other eye drops or tablets as advised