

	<p><b><u>POST ENDOTHELIAL CORNEAL TRANSPLANT (DSEK),</u></b>  <b><u>Discharge Instructions for the First Night</u></b></p>	<p><i>Marjan Farid M.D. Sumit (Sam) Garg M.D. Ronald Gaster M.D. Roger Steinert M.D. Specializing in Cataract, Corneal &amp; Refractive Surgery</i></p>
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Your doctor is:

- \_\_\_\_\_ Dr. Steinert
- \_\_\_\_\_ Dr. Farid
- \_\_\_\_\_ Dr. Gaster
- \_\_\_\_\_ Dr. Garg

\*ALWAYS WASH YOUR HANDS BEFORE CARING FOR YOUR EYE

**TODAY**

- Leave the metal shield on your eye until you see your doctor tomorrow.
- DO NOT use any eye drops today.
- Remain in a **reclined and face up position** (approx 30 degrees) **at all times** except for bathroom and eating. **KEEP THESE UPRIGHT INTERVALS AS BRIEF AS POSSIBLE!!** When sleeping remain face up. Sleeping in a recliner chair propping with pillows helps to avoid turning over while sleeping.

**TOMORROW**

- Stay in a **reclined and face-up position** as much as possible until your appointment
- Leave the metal shield on your eye until you see your doctor.

Your post-operative appointment is scheduled tomorrow at the:

- Gottschalk Medical Plaza, Irvine**
  - Pavilion II, UCI Medical Center, Orange**
- at \_\_\_\_\_ am/pm

(Ask for a map if you need directions)

Bring blue Medication bag and all drops with you to your appointment

- **DO NOT** bend from the waist or lift any objects heavier than 10 pounds
- **DO NOT** sleep on the operated side for the first 24 hours
- **DO NOT** shower until after your first appointment tomorrow
- **YOU MAY** resume your usual schedule of medicine/pills and regular diet.
- **YOU MAY** read, watch TV, take walks, climb stairs
- **YOU MAY** brush your teeth, comb your hair, shave

\*\*You have received a sedative that may stay in your system for the next 6-12 hours. **DO NOT** drive, drink alcohol, or make any legal or binding decisions today,

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**YOU CAN EXPECT THE FOLLOWING**

- Your vision may fluctuate – this is normal.
- You may have some discomfort or scratchiness in your eye
  - You may use Tylenol or Ibuprofen (Advil/Motrin) as directed on the bottle
- You may have some redness in the white of your eye
- You may have double vision
- Your eyelid may have some drooping

**Call your doctor at 949-824-2020 immediately if you experience:**

- Severe, prolonged pain not relieved by Tylenol or Ibuprofen
- Persistent nausea or vomiting
- Any bleeding or abnormal drainage from the eye
- Temperature greater than 100 F
- Any sudden loss in vision
- **If you do not receive a call back, proceed to the Emergency Room at UCI Medical Center, Orange.**

**Eye Care**

- Use the sunglasses for comfort & protection outdoors until light sensitivity subsides.
- If there are crusts or secretions on the eyelids, you may remove them by wiping gently with a cotton ball or clean washcloth moistened with sterile ocular irrigation (saline) solution from the drugstore. **DO NOT rub or put pressure on the eye.**
- **For TWO WEEKS:**
- Wear the plastic protective eye shield at bedtime
- Avoid sleeping on the side of the operated eye or facedown
- Do not bend or stoop with the head below your waist
- Do not strain in anyway (including bowel movement)

- Do not lift anything heavier than 10 pounds
- Avoid any blow to the head or eye
- Do not allow anything that might carry germs into the eye (i.e. perspiration or shower water)
- All daily activity other than strenuous athletics may be undertaken after the first post-operative day.
- Athletics may be resumed after one week but the operative eye must be protected by safety glasses against a direct blow. Safety glasses for sports are strongly advised for the protection of both eyes at all times for the rest of your life.
- Non-strenuous sexual activity is permitted after the first post-operative day.
- If you need instructions on applying eye medications and cleaning the eyes, do not hesitate to ask one of our nurses or technicians.