

After Corneal Transplant Surgery, Please Follow These Guidelines:

“DO’S”

1. Normal household activities are permitted. You should avoid using heavy vacuum cleaners or moving furniture.
2. Baths, showers, shampoo and shaving are permitted after the eye bandages are removed by your doctor the following day. Do not get shampoo/soap in eye.
3. Walking and desk work are permitted without restriction, as tolerated.
4. You may ride in a car, plane, train or bus.
5. Reading, TV and sewing are permitted as tolerated.
6. Wear sunglasses outside if needed.
7. Continue any prescribed eyedrops in the unoperated eye as usual.
8. Bend at the knees when picking up object from the floor. Avoid bending your head below your waist.
9. You may resume gentle sexual activity after one week.
10. Call us if experiencing severe eye pain or vomiting.
11. Discontinue smoking for 3 days before surgery. This will help reduce smokers cough during and after surgery.

“DO NOT’S”

1. Do NOT lift over 20 pounds for approximately 4-6 weeks following surgery.
2. Do NOT rub your eye(s) for approximately 4-6 weeks.
3. Do NOT cough or sneeze excessively. Call your regular doctor for medications if needed.
4. Do NOT engage in strenuous activity such as mowing the lawn, playing golf, or shoveling snow for approximately 4-6 weeks.
5. Do NOT drive a car until your vision is returned to a reasonable safe level. Many patients can drive again after days to weeks. Use good judgment.
6. Do NOT swim in a pool for several weeks after surgery because of the concern of developing an eye infection from doing so.

“YOU MAY EXPECT”

1. Some soreness around the eye, redness of the eye, and twinges of pain.
2. Sensitivity to light that is greater than before surgery. Wear sunglasses to help.
3. Blurry vision for days to many weeks for 2 or 3 months after cataract surgery, and for many months up to a year after corneal transplantation and retinal surgery. A new eyeglass prescription will be provided to you after your vision has stabilized.