**Day of Surgery Instructions: DSAEK Cornea Transplant Surgery (Dr. Straiko)**

***Lying Down:***

* Please lie down looking straight at the ceiling, or with your eyes closed, as much as possible the day of surgery. You may put a pillow under your head and knees to relieve strain from your lower back.
* You can sit-up and walk around for 2-3 minutes at a time every hour to rest your back.
* You may take longer 15-20 minute breaks to use the restroom or to eat a meal.
* **Please sleep on your back the night after surgery.**

***Activity:***

* Please do not rub your eye.
* Refrain from strenuous activity.
* Do not swim or use a hot tub or a sauna.
* Do not wear eye-make up.

***Shield:***

* Please keep your eye shield on at all times until it is removed by our technicians tomorrow in clinic. Today is the only time you will have to wear your eye shield during the day.

***Eye Drops:***

* Do not take any eye drops until tomorrow unless asked to do otherwise by your doctor.
* Bring your eye drops to clinic if you have any questions about them.
* Ask your doctor if you should resume taking eye drops that you were taking before surgery, such as glaucoma eye drops.

***Other Medications:***

* You may take any over the counter pain reliever for mild pain.
* Resume taking all of your usual medications.

***What to expect:***

* Mild irritation and discomfort are normal.

***Absolutely call the doctor if you experience any of the following:***

* Severe eye pain
* Nausea
* Vomiting
* Severe headache

***The cornea fellow doctor can be reached at 503-413-8202 twenty-four hours a day if you experience any of the above symptoms. Please ask for the “cornea fellow” doctor.***

**Postoperative Day 1 Instructions: DSAEK Cornea Transplant Surgery (Dr. Straiko)**

***Eye Drops:***

* **Ofloxacin** **1 drop 4 times daily until the bottle is empty**, unless otherwise instructed. Refills are not needed.
* **Ketorolac 1 drop 3 times daily until the bottle is empty**- usually about one month.

Your doctor may ask you to take this medication for longer if you have diabetes or certain conditions. If this is the case, you may need refills. It is normal for this drop to sting for a little after you use it.

* **Prednisolone** **1 drop 4 times daily** until otherwise instructed. Shake well. You have refills.
* **Refresh PM ointment at bedtime,** unless otherwise instructed. You have refills. It is also available over the counter without a prescription.
* *Take eye drops 3-5 minutes apart so that they do not wash each other out. The order of the drops does not matter. Please wash your hands prior to taking the drops. Do not touch the tip of the bottle to your eyelid or any other surface as this may contaminate it. Shake Prednisolone 20 times before using it.*
* *Apply Refresh PM ointment last because the oily consistency can reduce absorption of eye drops. If you have difficulty applying the ointment, try holding the capped tube under warm water or in your hand for a few minutes. This makes the ointment into an oil that is easier to apply. If Refresh PM makes your eyelids crusty in the morning, you can gently wipe your eyelids with a warm, moist towel.*

***Activity:***

* Please wear your eye shield at night for 1 week then stop. Secure it with tape, forehead to cheek.
* **Do not rub your eye because this could damage your cornea transplant.**
* Stay out of dusty and dirty environments while your eye is healing.
* Refrain from strenuous activity and try not to bend below the waist for 1 week after surgery.
* Do not swim or use a hot tub or a sauna for at least 4 weeks after surgery.
* Shower and wash your face as you normally would, but do not rub your eye.
* Do not wear eye make-up for 2 weeks after surgery.

***What to expect:***

* All eyes are different, but in general you can expect comfort and vision to improve steadily.
* Blurry vision and mild irritation, discomfort, tearing, and redness are normal.
* Stinging with eye drops is normal.
* It is normal for your current pair of glasses or contact lenses to no longer work after you have eye surgery because the surgery changes your prescription. You will be checked for a new prescription between 2 and 3 months after surgery, or when your eye stabilizes.

***Increasing redness, pain, extreme light sensitivity, and decreasing vision are not normal. If any of these symptoms occur, call the doctor on-call at 503-413-8202.***

**Postoperative Week 1 Instructions: DSAEK Cornea Transplant Surgery (Dr. Straiko)**

***Eye Drops:***

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* **Ketorolac 1 drop 3 times daily until the bottle is empty-** usually about one month.

Your doctor may ask you to take this medication for longer if you have diabetes or certain conditions. If this is the case, you may need refills. It is normal for this drop to sting for a little after you use it.

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* *Take eye drops 3-5 minutes apart so that they do not wash each other out. The order of the drops does not matter. Please wash your hands prior to taking the drops. Do not touch the tip of the bottle to your eyelid or any other surface as this may contaminate it. Shake Prednisolone 20 times before using it.*
* ***3 months after surgery, you will begin to reduce your Prednisolone:***
  + 3 months after surgery – prednisolone 3 times daily
  + 6 months after surgery – prednisolone 2 times daily
  + 9 months after surgery – prednisolone 1 time daily
  + 12 months after surgery – typically prednisolone is either stopped or changed to fluorometholone (FML), but every patient is different.
* *Prednisolone and FML are steroid eye drops that are very important to the health of your cornea transplant. Never stop taking your steroid eye drops without asking your doctor first. Always call the office for a refill if you need one, but do not worry about missing one or two days of the medication. Shake Prednisolone and FML 20 times before using them.*
* *Apply Refresh PM ointment last because the oily consistency can reduce absorption of eye drops. If you have difficulty applying the ointment, try holding the capped tube under warm water or in your hand for a few minutes. This makes the ointment into an oil that is easier to apply. If Refresh PM makes your eyelids crusty in the morning, you can gently wipe your eyelids with a warm, moist towel.*

***Activity:***

* **Do not rub your eye because this could damage your cornea transplant.**
* Stay out of dusty and dirty environments while your eye is healing.

Refrain from strenuous activity and try not to bend below the waist for 1 week after surgery.

* Do not swim or use a hot tub or a sauna for at least 4 weeks after surgery.
* Shower and wash your face as you normally would, but do not rub your eye.
* Do not wear eye make-up for 2 weeks after surgery.

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