

RECOMMENDATIONS FOR

INTRAOCULAR LENS SURGERY

GENERAL ANESTHESIA OR SEDATION

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INSTRUCTIONS FOR PATIENTS BEFORE SURGERY

- The patient must arrive at the indicated time on the confirmation sheet.
- It is recommended for the patient to arrive wearing comfortable clothing, preferably with buttons so it's easier to get changed. Please, do not use jewelry.
- The day of the surgery, the patient must not use any kind of make up, cream or sunscreen on the face, also avoid any perfume or cologne. Do not use any kind of nail polish nor chemical or cosmetic product on your nails. Do not use any kind of fake lashes.
- In case of using any kind of contact lenses, the patient must suspend it's use 3 days before the surgery.
- The patient must arrive with a companion for the day of the surgery. We would really appreciate it if only one person accompanies the patient, this is due to a limit regarding physical space available.

- The patient will stay at the clinic approximately for 3 hours due to the induction process, information that must be completed, payment procedures, preparation for surgery, questions or comments.
- The total investment for this surgery includes post surgery appointments without additional cost for the next 30 natural days after the procedure. After the 30-day period, the appointments require the stipulated payment for each consultation.
- If you need a medical note, it is necessary to indicate it the moment you arrive and report for your surgery at the reception (the day of the surgery).
- The post surgery check ups are going to be done by any of the available doctors from our team.
- Please bring a pair of clean socks, the patient is going to use them the moment we say it.

- If you are going to make the payment with a card, please take into consideration that some banks have a limit in daily transactions. Verify this topic with your bank and ask for the release of the restriction for this transaction. Also, you must have the card's PIN in case the card terminal asks for it.
- In case of having urinary incontinence, please bring an extra disposable diaper to use it when it is indicated. This is something that won't be given to you like an additional comfort feature, but it will also guarantee that we will be prepared to give you the best care possible during your stay at the clinic.
- In case of questions or consultations out of a regular working hours please contact us via **WhatsApp (506) 8385-7525**.

INSTRUCTIONS FOR THE SURGERY WITH GENERAL ANESTHESIA OR SEDATION

- Please bring a complete and updated electrocardiogram the day of the surgery, the effectiveness of the test is up to 6 months max.
- If the patient takes diabetes medication, blood thinners or hypertension medication, you must ask your primary care doctor for the instructions regarding the suspension of these medicines before surgery (you can take them with a maximum of 4 ounces of water).
- Do fasting for 8 hours before the procedure. Do not consume any liquids of any kind during the fasting.
- Do not consume lactose products 24 hours before the procedure.
- The patient must bring an updated complete hemogram the day of the surgery, it has a maximum effectiveness of 6 months.

RECOMMENDATIONS FOR PATIENTS AFTER THE OCULAR LENS SURGERY

The kit contains:

- Transparent protective cover
 - Sterile gauze to clean the protective cover and glasses
 - Dark glasses with UV protection
 - Antibiotic drops
 - Anti-inflammatory drops
 - Lubricating drops
 - Transpore surgical tape
 - Medical prescription
- The protective covers must be used to sleep during the first 8 nights, fixing them in place with the surgical tape from the kit. Every time you are going to use them, clean them with alcohol or alcohol gel. When going to sleep we recommend using a soft pillow to avoid any pressure in your eyes. With this, as long as you are using the protective covers during the first 8 nights after surgery, you'll be able to sleep in any position.

- The gauze must be used to clean the protection covers (do not use any material that leaves lint).
- Use the drops based on what is said in the prescription.
- It is not necessary to wake up the patient while they are sleeping during the night to apply the drops, the treatment will begin in the morning.
- The patients whose eyes are covered by the doctor with a patch (gauze that covers the eye) must not apply any medicine in it until the doctor examines it the next day in the post surgery appointment. (do not take off the patch, the patch will be taken off during the follow up appointment).
- The black glasses from the kit must be used whenever the patient is exposed to the sun (outside) for a week. If another kind of glasses are to be used different from the ones from the kit, you must make sure they have the same UV protection as the ones from the kit.
- If the patient feels any discomfort or pain after the surgery, they can use any painkiller of your preference.

INTRAOCULAR LENS SURGERY AFTER CARE

- The day after the surgery, take the protecting covers off and put them away before showering, you can take a normal shower, avoiding any shampoo or soap near your eyes.
- Do not scratch or rub your eyes. (In case of any discomfort use the lubricating drops).
- Avoid smoking during the first month after the surgery. (If you smoke, increase the usage of lubricating drops).
- Do not allow any pets in rest areas like beds or couches, so that no pet hair can get inside of the eyes, this during the first month after surgery. These precautions are to avoid exposing yourself to an infection.
- Do not go inside pools, jacuzzi, the ocean, rivers, hot springs, etc.; for a month after the surgery.
- Avoid any direct hit to the eyes or the face. It is not recommended to do any kind of sport with physical contact during the first month after the surgery (gym, tennis, football, basketball, etc.).

- Avoid any direct exposure to cigarette smoke, fireplaces, barbeques, etc. In case of having contact with air conditioner and the frequent use of electronic screens, increase the usage of the lubricating drops.
- . The patient must follow the additional instructions given by the doctor to guarantee the recovery's success.

FREQUENTLY ASKED QUESTIONS FROM POST OPERATED PATIENTS OF INTRAOCULAR LENS SURGERY

Can I watch TV?

- **Yes, you can watch TV.**

Can I raise my hands?

- **Yes, you can raise your hands.**

How long after the surgery can I drive?

- **Until the doctor recommends it, ask this question to your doctor on the follow up appointments.**

How long after the surgery can I lift weights?

- **A month after the surgery.**

Can I practice any sport like running?

- **yes, a month after the surgery.**

Can I dye my hair or use any kind of chemical product on it?

- **You can do it 15 days after the surgery, taking care that none of the products have a direct contact with the eyes.**

Can I travel by plane?

- **Yes, ideally after the 8-day check up.**

Can I go to the dentist?

- **This will depend on the kind of treatment, please contact us and let us know the name of the treatment, we will discuss it with the doctor.**

Can I do activities like sewing, embroidery, reading?

- **Yes, you can.**

Can I use makeup?

- **You can use makeup 8 days after the surgery.**

Can I cook?

- **Yes, you can cook.**

Can I go up and down the streets?

- **Yes, you can.**

Can I open the refrigerator?

- **Yes, you can.**

After the surgery can I have sex/intercourse?

- **You can have sex/intercourse 15 days after the surgery.**

Can I drink alcohol?

- **You can drink with moderation.**

Reminder: your vision can fluctuate during the first 4 to 6 weeks after surgery, and in some especial cases it can take up to 6 months to stabilize.

If you present blurry vision, use the lubricating drops.

