

RECOMMENDATIONS FOR

# **INTRAOCULAR LENS SURGERY**

## **TOPICAL ANESTHESIA**

- **Instructions for patients before surgery. . . . .**  
**. . . . . Page 1**
  
- **Intraocular lens surgery Post surgery instructions . . .**  
**. . . . . Page 4**
  
- **Intraocular lens surgery After care . . . . .**  
**. . . . . Page 6**
  
- **Frequently asked question from patients . . . . .**  
**. . . . . Page 8**



# 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 a T-shirt or a buttons shirt so it's easier to get changed once the surgery is finished. Please, do not use jewelry or accessories like a watch.
- 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 since all of our patients arrive with a companion.
- 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 credit or debit 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.

- 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.
- The post surgery check ups are going to be done by any of the available doctors from our team.
- 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).
- It is important to eat well, please keep your normal diet the day of the surgery.
- In case of questions or consultations out of a regular working hours please contact us via **WhatsApp + 506 83857525**.

# POST INTRAOCULAR LENS SURGERY INSTRUCTIONS

## **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.
- In exceptional cases, that the eyes get covered with a patch (gauze that covers the eye), the patient must not apply any medicine until the doctor says any different during the follow up appointment the next day.
- 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.
- During the first week after the surgery avoid going to crowded places such as concerts, movie theaters, farms, parties, etc. This is to avoid an infection.

# 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?

- **You can 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?

- **You can lift weight 15 days after the surgery.**

After the surgery can I practice any physical activity like running?

- **Yes, you can run 15 days after the surgery.**

After the surgery, can I dye or apply any kind of chemical treatment on my hair?

- **Yes, you can.**

After the surgery, can I travel?

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

After the surgery, 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 stairs?

- **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.**