



ICL Surgery Post-Op Instructions

If you experience discomfort after the anesthetic begins to wear off, such as a dull ache around the eye, it may be treated with a mild over-the-counter, non-aspirin pain reliever such as Tylenol.

***Administer all drops five minutes apart to prevent washing them out.**

Eye Care

- Wear eye shield overnight for 2 days.
- Use a moist washcloth to gently remove drainage as necessary.
- Please avoid firm rubbing of the eye or a blow to the eye.
- Scratching the eyelid with one finger is permissible, but be careful not to apply excessive pressure.
- Wear sunglasses as needed until your eyes are no longer sensitive to light.

Activities

- Please feel free to go about your usual activities with the exception of *strenuous exercise, golfing or heavy lifting*. Avoid these activities for one week.
- It is not harmful to bend over or lift *light* object such as a suitcase.
- You may shampoo your hair the day following surgery.
- You may begin to drive after your vision has cleared enough that you feel safe.

What to Expect

- Immediately following surgery, your eye will begin to heal. You may notice a mild discomfort and sensitivity to bright light for several days.
- Some patients have blurry vision the morning after surgery. This will usually clear within a few days.
- Double vision and/or glare may be expected for a day or two.

Please contact us with any questions or concerns at (801)224-6767 or toll free at (888)600-6767.



Eye Drop Schedule

IMPORTANT NOTES:

Shake drops before each use.

Keep your eye closed after drop is instilled and wait 5 minutes between drops.

Use artificial tears every hour while awake the day of surgery and as needed.

1 st Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 PRED-GATI-BROM	□ □ □	□ □ □	□ □ □	□ □ □	□ □ □	□ □ □	□ □ □
 ARTIFICIAL TEAR	<p>ARTIFICIAL TEARS: Single dose vials ONLY – Available over-the-counter Day of surgery – 1 drop in operated eye(s) every hour (and as needed) while awake Use at least 4 times daily for first 3 months following surgery and as needed</p>						

In the event of an emergency:

1) pain not relieved by oral medications, 2) loss of vision, 3) temperature above 100 degrees or severe chilling, 4) persistent nausea or vomiting, 5) excessive drainage, or 6) other serious problems, please call:

Jamie Monroe, MD
(801) 361-3504 (Cell)

Pat Beaty, OD
(801) 718-8119 (Cell)