

ICL IMPLANTABLE CONTACT LENS AFTERCARE INSTRUCTIONS

- ❑ **If you develop moderate or severe pain in or near the eye, page the doctor on call immediately at (310) 208-3937, even if it is in the middle of the night. You can also call Dr. Maloney's cell phone at (310) 476-7400; if he does not answer, page the doctor on call.**
- ❑ It is okay to rub the treated eye gently with a tissue.
- ❑ Your vision may be blurry for several days or longer. A mild amount of fluctuation of vision is normal.
- ❑ It is normal to experience irritation, light sensitivity, dryness, watering, and scratchiness for about one week following your procedure.
- ❑ You may resume your regular diet and medication schedule.
- ❑ Do not drink any alcohol the day of your procedure.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for one week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye make-up for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh make-up; old mascara and eyeliner accumulate germs. You may resume wearing the old make-up you already have after one week.
- ❑ You may resume exercise tomorrow. Wear eye protection for activities, like tennis, where eye trauma is possible.
- ❑ If you are having one eye treated (instead of both eyes on the same day), you may benefit from wearing your usual contact lens in the untreated eye.

□ **Medications:**

- **Wait 3 minutes between taking the different eye drops.** It does not matter which eye drop you use first.
- **Ofloxacin:** Antibiotic eye drop which helps prevent infection. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 1 week, including the day of your procedure. You may stop the drops if they run out.
- **Prednisolone Acetate 1%:** Anti-inflammatory eye drop which helps the eye heal. Apply 1 drop to the eye 4 times per day (breakfast, lunch, dinner, and bedtime) for two weeks, including the day of your procedure. **SHAKE WELL** before each use (20 shakes). This drop may leave a harmless white residue in the corner of your eye. You may gently wipe it away.
- **Tylenol, Advil, Nuprin** (or your preferred pain reliever): As needed for discomfort. Do not take more than 1 pain reliever at a time.
- **Diamox tablets** (acetazolamide): You will be given 1 tablet in the recovery room. Take 1 tablet six hours after leaving the surgery center, and continue every six hours until the tablets are gone. Set an alarm to wake you up, if necessary, so that you do not miss a dose.

□ Your one day aftercare visit at Maloney Vision Institute is scheduled for: _____.