

## Post Operative Instructions for ICL (Implantable Collamer Lens)

### What To Expect

- ✓ Post-operative pain after an ICL procedure varies from patient to patient. The most common complaints are **scratchiness, dull ache in the eye or headache, tearing, runny nose, burning, stinging and redness** of the eye.
- ✓ Your eyes may be sensitive to light for several weeks after surgery. Wearing sunglasses is usually sufficient to relieve any discomfort.

### What To Do

- ✓ Following surgery you should relax and have something to eat and drink. Go directly home and rest for the remainder of the day. You do not need to stay in bed. You may watch T.V., read, or use the computer as you feel up to it.
- ✓ Take one or two tablets of Darvocet every four hours as needed for pain. You may also take over the counter Ibuprofen (Advil) or Acetaminophen (Tylenol) if you are having mild discomfort.
- ✓ Use the lubricating eye drops as often as needed to relieve any sensation of scratchiness.
- ✓ On the night of surgery take a Dalmane sleeping pill before going to bed.
- ✓ Wear the eye shield all day the day of surgery and, while sleeping, for the first 3 days following your surgery.
- ✓ Begin your eye drops the day of surgery using the instructions stated below.
- ✓ Once your surgery is complete do not drive or operate machinery until the following morning.
- ✓ You may take a shower the day after surgery. Do not get perspiration and water from public places in your eyes for two weeks (i.e. swimming pools, lakes or hot tubs) following surgery. You may use eye makeup four days after surgery (purchase new mascara and clean all brushes).
- ✓ Avoid strenuous physical activity for 2 weeks such as heavy lifting (over 25 lbs), certain yoga positions, etc.
- ✓ Returning to work varies from patient to patient. Please discuss your work and exercise schedule with the doctor at tomorrow's appointment at \_\_\_\_\_.
- ✓ Do not rub, scratch or hit your eye during the healing process.
- ✓ **Contact us immediately if you develop any of the following:** Deep, boring pain in the eye itself; a pus-filled discharge; sudden appearance of dense, floating specks; bright flashes of light; a 'curtain' off to the side, or any sudden, dramatic change in visual acuity.

### Eye Drop Instructions

**Wash your hands before use. Wait at least one minute between each drop!**

**Vigamox:** *An antibiotic used to prevent eye infection.* Use one drop of Vigamox 4 times a day (breakfast, lunch, dinner and bedtime). **Start the morning of your scheduled surgery.** Then continue using Vigamox **4 times a day** after your surgery **until the bottle is empty** (about 7-10 days).

**Econopred Plus 1%:** *A steroid used to suppress inflammation.* Start using one drop of Econopred Plus 1% 4 times a day (breakfast, lunch, dinner and bedtime) **starting the morning of surgery.** Then continue using Econopred Plus 1% **4 times a day** after your surgery **until bottle is empty.** (about 7-10 days).



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Patient Signature

\_\_\_\_\_  
Date