

DSAEK Surgery Postoperative Instructions

- Following surgery, you will be able to resume living a normal life immediately.
- Anticipate blurriness, which will gradually improve each day.
- It is normal for your eye to be moderately red, sore, and light sensitive, but these symptoms will improve.
- It is normal for the vision to fluctuate from day to day.
- It is normal to have a red “bruise” on the outside of the eye after surgery. This will go away after several weeks.

Postoperative Medications

After surgery, you will be prescribed several different eye drop medications. You will need to start these eye drops the morning after your surgery. A description of each medication is outlined below.

- **Vigamox** is an antibiotic drop which is used to minimize the risk of infection. It should be used 4 times a day until you are told to change or stop.
- **Prednisolone forte** is a steroid eye drop, used to minimize inflammation, modulate healing, and prevent tissue rejection. It should be used 4 times a day until you are told to decrease. The drops may sting a little when they are instilled, and this is normal. You will be using these drops for many months.
- **Systane** is a lubricating drop, used to moisturize and lubricate the eye. You can use it as much as you want, particularly if your eye feels watery, gritty, or uncomfortable. Please use these drops every 1-2 hours for the first 1-2 days after surgery. After this time, you should use the drops at least 4 times a day until one month after surgery.
- **Muro 128** is a drop that reduces swelling of the cornea. Please use this drop every 2 hours while you are awake, until you are told to stop or decrease. This will help your vision improve more rapidly.
- **Please resume any glaucoma medications you were using prior to the surgery.**

It doesn't matter what order you put the drops into your eyes, but you should wait at least one minute between drops. Please allow 24 to 48 hours when requesting refills, and call BEFORE you run out of drops.

Postoperative Positioning Requirements

As was discussed preoperatively, there is a 15% chance of transplant “dislocation” in the early postoperative period. This can typically be managed by placing an air bubble in the eye. In order to minimize the risk of dislocation:

- In the recovery room, you will be asked to lie flat on your back for one hour to promote the transplant “adhering” to the back of the cornea.
- Please try to lie on your back as much as possible for the first 24 hours after surgery. During this time, the air bubble in your eye will continue to prevent dislocation of the transplant. This air bubble will dissolve in the first 72 hours.
- **It is IMPERATIVE that you do not rub the eye area!**
- If you have not already done so, please call our office to schedule your initial postoperative appointment for the day after your surgery.

Symptoms requiring medical attention:

- **Sudden onset of increased discharge from the eye**
- **Persistent or aching pain in the eye**
- **A sudden decrease in vision**
- **Persistent nausea or vomiting**

Restriction on Activities

- It is extremely important that you **DO NOT RUB THE TREATED EYE.**
- You will be given a clear plastic shield to wear as protection over your eye at night. It is necessary to wear this at night for the first 1 month after surgery.
- Refrain from any activities that may put your eye at risk of injury, as well as areas containing a high volume of chemicals, dust, and debris.
- **Do Not** wear eye makeup or moisturizer around the eye area for 1 week after surgery.
- **Do Not** swim or go into a hot-tub, Jacuzzi, or sauna for 2 weeks after surgery. You can take showers as normal, but avoid getting shampoo or soap in your eyes.
- **Avoid:** lifting more than 25 lbs; situps; pushups; and weightlifting until otherwise directed.
- You can resume cardiovascular activity two weeks after surgery.
- You can watch television, read books, and walk stairs immediately after the surgery.

Every patient and transplant is different. The majority of the success of the transplant lies in you using the drops appropriately and caring for the eye according to instructions. If you ever have any questions concerning instructions or symptoms, please call our office.

If you have any questions or concerns regarding this information, or experience any difficulties regarding your surgery, please contact Dr. Rotkis' office at (206) 386-2516.