

**POST OPERATIVE INSTRUCTIONS for CORNEAL DEBRIDEMENT**

**POST OPERATIVE SYMPTOMS:** After surgery your vision will be blurry as the epithelium is healing. Your eye(s) may tear and your nose may run. Your eye may be red, swollen, itchy and light sensitive. These symptoms are normal and should resolve within 2-4 days. The level of discomfort varies from mild to moderate discomfort. A cold compress may help alleviate the pain, which rarely lasts more than 24 hours.

**POST OPERATIVE PROTECTION:** Following surgery, your cornea will be covered with a bandage contact lens. This should remain on your eye for the first 2 to 5 days. Avoid rubbing or squeezing your eye as this may cause the lens to fall out. If this happens, **DO NOT ATTEMPT TO REPLACE IT.** Contact us immediately at 412-466-8011.

**MEDICATIONS:** It is important to closely follow the instructions for eye drops as they are an integral part of the healing process. You will be using Tobradex, an antibiotic steroid; Acular, a nonsteroidal anti-inflammatory drop and Artificial Tears to lubricate the eyes and help decrease irritation. Remember to shake all bottles before using them and wait ten minutes between drops.

**Tobradex-** One drop four times per day  
**Acular -** First day: One drop 4 times per day  
Second day: One drop 3 times per day  
Third day: One drop 2 times per day  
Fourth day: One drop, then discontinue  
**Artificial Tears -** One drop 4 times a day, more as needed for irritation

**POST OPERATIVE ACTIVITY AND ENVIRONMENT:** After surgery it is best to rest as much as possible in the first 24 hours. Keeping your eyes closed will help reduce discomfort and will aid in the healing process. Avoid rubbing your eyes. All eye irritants, including airborne chemicals such as vapors, fumes, aerosol sprays and smoke, dirty water and dust should be avoided for the first 24-72 hours after surgery. Eye make up should not be worn until three days after surgery. Swimming, hot tubs, Jacuzzis and sunbathing should also be avoided for the first 2 weeks. Showers are permissible, but avoid getting water or soap into your eyes. A normal exercise routine can be resumed 24 hours after surgery, but contact sports that could result in eye injury should be avoided for the first month. No driving until you are advised by the doctor.

**VISION:** Your vision will be blurry until the epithelium heals and may continue to be blurry the first week after surgery. Your vision may fluctuate throughout the day. For those having separate surgeries for each eye, the eyes may not work well together until the second eye is treated. Remember, we all heal at our own rate, so be patient.

**FOLLOW UP:** You will be seen by your doctor the day after surgery for a follow up examination. If you have any problems, questions or concerns, please contact our office at 412-466-8011.