



RECOMMENDATIONS FOR

PRESBYOND

BY CLINICA 2020

SURGERY

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INSTRUCTIONS FOR PATIENTS BEFORE SURGERY



- The patient must be present at the time of the surgery indicated in the confirmation sheet.
- It is recommended for the patient to arrive wearing comfortable clothing. Please, do not use jewelry.
- The day of the surgery, the patient must not use any kind of make up, cream or sunscreen on the face. Do not use any kind of fake lashes.
- The patient must not use any kind of perfume or cologne, they can only use deodorant.
- In case of using any kind of contact lenses, the patient must suspend it's use 3 days before the surgery.
- The patient must arrive with a companion for the day of the surgery. We would really appreciate it if only one person accompanies the patient, this is due to a limit regarding physical space available.



- Please bring a pair of clean socks, the patient is going to use them the moment we say it.
- If you are going to make the payment with a card, please take into consideration that some banks have a limit in daily transactions. Verify this topic with your bank and ask for the release of the restriction for this transaction. Also, you must have the card's PIN in case the card terminal asks for it.
- The patient will stay at the clinic approximately for 3 hours due to the induction process, information that has to be completed, payment procedures, preparation for surgery, questions or comments.
- The total investment for this surgery includes post surgery appointments without additional cost for the next 30 natural days after the procedure. After the 30-day period, the appointments require the stipulated payment for each consultation.

- The post surgery check ups are going to be done by any of the available doctors from our team.
- If you need a medical note, it is necessary to indicate it the moment you arrive and report for your surgery at the reception (the day of the surgery).
- It is important to eat well, please maintain your normal diet the day of the surgery.
- In case of questions after surgery outside of normal working hours you can contact us via **WhatsApp 83857525**.

POST SURGERY INSTRUCTIONS



The kit contains:

- A pair of transparent protective covers.
 - Sterile gauze to clean the protective covers and glasses.
 - Dark glasses with UV protection.
 - Antibiotic drops.
 - Lubricating drops.
 - Relaxing pill that causes sleepiness.
 - Transpore surgical tape
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- The protective covers must be used to sleep during the first 8 nights after the surgery, fixing them in place with the transpore surgical tape from the kit. Every time the protective covers are going to be used these must be cleaned with alcohol, alcohol gel or soap and water. Dry only with gauze.



- The sterile gauze must be used to clean the protective covers. Do not use any material that leaves lint.
- Follow the drop's instructions based on the prescription.
- The priority of the patient after the surgery is to rest and keep the eyes closed. For that, a relaxing pill will be given. The patient must take it when they arrive home, just before going to bed.
- If the patient has any discomfort or pain after the surgery, they can use any oral painkiller of your preference.
- It is not necessary to wake up the patient while they are sleeping during the night to put on the drops, the treatment will start in the morning.
- The dark glasses from the kit must be used when the patient is exposed to the sun (outside). If another pair of glasses different from the ones from the kit are going to be used, be sure they have the same UV protection.

POST SURGERY CARE



- After the day of the surgery, take the protecting covers off and put them away before showering, you can take a normal shower, avoiding any shampoo or soap on the eyes.
- Do not scratch or rub your eyes. (In case of any discomfort use the lubricating drops).
- Avoid smoking during the first month after the surgery. (If you smoke, increase the usage of lubricating drops).
- Do not allow any pets in rest areas like beds or couches, so that no pet hair can get inside of the eyes, this during the first month after surgery. These precautions are to avoid exposing yourself to an infection.
- Do not go inside pools, jacuzzi, the ocean, hot springs, etc.; during the first 15 days after the surgery.

- Do not visit crowded places like concerts, movie theaters, farms, parties, hospitals; during the first 3 days after the surgery to avoid any infection or hit.
- Use the medicines just like they were explained. In case the doctor gives additional instructions, the patient must follow them to guarantee the recovery's success.
- Avoid any direct exposure to cigarette smoke, fireplaces, barbeques, etc. In case of having contact with air conditioner and the frequent use of electronic screens, increase the usage of the lubricating drops.
- Avoid any direct hit to the eyes or the face. It is not recommended to do any kind of sport with physical contact during the first month after the surgery (gym, tennis, football, basketball, etc.)

FREQUENTLY ASKED QUESTIONS BY POST OPERATED PATIENTS



Can I watch TV?

- **Yes, you can.**

Can I raise my hands?

- **Yes, you can raise your hands.**

How long after the surgery can I drive?

- **Until the doctor advises it, keep on asking this questions during your post surgery appointments.**

How long after the surgery can I lift weights?

- **You can do it one day after the surgery.**

Can I practice contact sports?

- **You can play any contacting sports a month after the surgery.**

Can I dye my hair or apply a chemical product in my hair?

- **Yes you can, just avoid getting the chemicals in contact with your eyes.**

Can I travel by plane?

- **Yes, you can, but remember your post surgery appointments.**

Can I go to the dentist?

- **That depends on the kind of treatment, please contact us and let us know the name of the treatment, so we can discuss it with the doctor.**

Can I cook?

- **Yes, you can.**

Can I go up and down the stairs?

- **Yes, you can.**

Can I open the refrigerator?

- **Yes, you can.**

How long after the surgery can I have intercourse/sex?

- **You can have sex 15 days after the surgery.**

Can I drink alcohol?

- **You can drink alcohol with moderation.**

Reminder: your vision can fluctuate during the first 4 to 6 weeks after surgery, and in some especial cases it can take up to 6 months to stabilize.

If you present blurry vision, use the lubricating drops



Remember!

Part of the effectiveness in the outcome of the surgery is to **focus with both eyes.**

Avoid comparison by covering one eye to check the vision of each eye separately; this could delay the neuroadaptation process.

