

RECOMMENDATIONS FOR

INTRASTROMAL CORNEAL RINGS SURGERY

- **Instructions for patients before surgery.**
.Page 1

- **Post operation instructions INTRASTOMAL RINGS. . . .**
.Page 4

- **Post Surgery Care INTRASTOMAL RINGS.**
. Page 6

- **Frequently asked questions from post operated**
patientsPage 8

INSTRUCTIONS

- The patient must be present at the hour indicated on the confirmation sheet.
- It is requested that the patient arrives with comfortable clothing, preferably with buttons that allow changing to be easier after the surgery. Please do not use jewelry..
- The day of the surgery, the patient must not use any type of makeup, cream or sunscreen on their face, perfume or cologne can't also be used. Do not use any kind of nail polish on your nails nor any chemical or cosmetic product on them, do not use fake lashes of any kind.
- In case of using contact lenses, the patient must suspend their usage 3 days before surgery.
- The patient must come accompanied on the day of surgery. We would really appreciate if you come with one person only, because of the physical space available.

- If you are going to pay with a debit or credit card, some banks have a limit regarding daily transactions. Verify this with your bank and ask for the restriction to be lifted for this transaction. Also, you must have the card's PIN available in case the terminal asks for it.
- The patient must take into account that they will be staying at the clinic for approximately 3 hours due to the induction process, information they must complete, payment process, preparation for surgery, and answering to questions.
- The total investment made for the surgery includes post surgery appointments without any additional cost, this within the 30 natural days after your procedure. After this 30 day period, the appointments need the stipulated payment for each appointment.
- The post surgery check ups are going to be done by any of the doctors from our team that are available.

- If you need a medical note for work, it is necessary to state it at the reception the moment you report for surgery (the day of the surgery).
- In case of questions after the surgery out of office hours, you can write to us thru the WhatsApp **83857525**.

INTRASTROMAL CORNEAL RINGS POST SURGERY INSTRUCTIONS

The kit contains:

- Transparent protection cover.
- Sterile gauze to clean the protection cover and the glasses.
- Black glasses with UV protection.
- Antibiotic drops.
- Lubricating drops
- Transpore surgical tape.
- Medical prescription.
- The transparent protection cover that is placed on you after the surgery must not be removed, you can only lift them to put on the indicated medical drops.
- The protection covers must be used for sleeping during the next 8 nights, putting them in place with the tape that was given in the kit. Every time you are going to use them, they have to be cleaned with alcohol, alcohol gel or soap and water.
- The gauze must be used to clean the protection covers. Do not use any material that generates lint.

- Use the drops based on the prescription given.
- It is not necessary to wake up the patient when they are sleeping during the night to put the drops, the treatment will start in the morning.
- The patients that get their eyes covered with a patch by the doctor (sterile gauze that covers the eye), must not put any medicine on it until the doctor checks it during the post surgery appointment the next day.
- The black glasses must be used every time the patient is going to be exposed to the sun, light or contaminated places during a month. If you are going to use another pair of glasses, you have to make sure they have UV protection.

AFTER CARE

INSTRASTROMAL RINGS

- The next day after surgery, take off the protector and put it away before taking a shower. You can have a normal shower, avoiding getting any shampoo or soap in your eyes.
- Do not scratch or rub your eyes. (In case of any discomfort apply lubricating drops).
- Avoid smoking for a month. (If you smoke, increase the usage of the lubricating drops).
- Do not allow any pets in rest places like beds or couches, so that no pet hair gets inside the eye of the patient, this during the first month after surgery. Wash your hands after any kind of contact with your pet, these care instructions are to avoid exposing yourself to an infection.
- Avoid hits that can affect your eye. It is not recommended to do any physical contact sports during the first month, for example, gymnastics, tennis, football, basketball, etc.
- Use the medicine only in the way it was indicated in the prescription.



- The first week after surgery, avoid going to crowded places like: concerts, movie theatres, farms, parties, etc. Just to avoid any infections.
- The patient must follow the additional instructions given by the doctor to guarantee the success of your recovery.

FREQUENTLY ASKED QUESTIONS FROM POST OPERATED PATIENTS

Can I watch TV?

- **Yes, you can watch TV.**

Can I raise my hands?

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

How long after the surgery can I drive?

- **Until the doctor indicates it, ask this question to your doctor during your post surgery appointments.**

How long after the surgery can I lift any weights?

- **A month after the surgery.**

Can I play any sports like running?

- **You can play these kind of sports a month after the surgery.**

Can I dye my hair or apply any kind of chemical product on my hair?

- **You can do it 15 days after the surgery taking care that nothing from the product gets inside the eye.**

Can I travel by plane?

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

Can I go to the dentist?

- **Yes, you can go to the dentist.**

Can I do activities such as sewing, embroidery, reading?

- **Yes, you can.**

After the surgery can I have sex/intercourse?

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

Can I drink alcohol?

- **You can drink with moderation.**

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

If you have blurry vision apply the lubricating drops.