

## **ICL IMPLANTABLE CONTACT LENS AFTERCARE INSTRUCTIONS**

- ❑ **If you develop moderate or severe pain in or near the eye, page the doctor on call immediately at (310) 208-3937, even if it is in the middle of the night. You can also call Dr. Maloney's cell phone at 310-476-7400, Dr. Hura's cell phone at 424-245-0347, or Dr. Shamie's cell phone at (503) 866-3116. If they do not answer, page the doctor on call at 310-208-3937.**
- ❑ It is okay to rub the treated eye gently with a tissue.
- ❑ Your vision may be blurry for several days or longer. A mild amount of fluctuation of vision is normal.
- ❑ It is normal to experience irritation, light sensitivity, dryness, watering, and scratchiness for about one week following your procedure.
- ❑ You will see large halos around lights the first night. Those improve when the dilating drops wear off.
- ❑ You may resume your regular diet and medication schedule.
- ❑ Do not drink any alcohol the day of your procedure.
- ❑ Do not swim or get into a hot tub/jacuzzi/steam bath/sauna for one week after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye make-up for 24 hours following your procedure. After 24 hours you can wear brand new mascara or eyeliner only. Old mascara and eyeliner accumulate germs. You may resume wearing the old make-up you already have after one week.
- ❑ You may resume exercise tomorrow. Wear eye protection for activities, like tennis, where eye trauma is possible.
- ❑ If you are having just one eye treated, you may benefit from wearing your usual contact lens in the untreated eye.

### ❑ **Medications:**

- **Combination Eyedrop: Prednisolone Sodium Phosphate / Moxifloxacin (Pred-Moxi):**  
Combination antibiotic/anti-inflammatory drop, which helps prevent infection and helps the eye heal. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 2 weeks. You may stop the drops if they run out. Many patients notice an unpleasant taste in the back of their throats after using this drop. This is normal and does not last.

**OR**

- **If you are using individual eyedrops, follow instructions on each bottle.**
  - **Wait 3 minutes between taking the different eyedrops.** It doesn't matter which eyedrop you use first.
  - **Tylenol, Advil, Nuprin** (or your preferred pain reliever): As needed for discomfort. Do not take more than 1 pain reliever at a time.
  - **Diamox tablets** (acetazolamide): These are in the small brown envelope. You will be given 1 tablet in the recovery room. Take 1 tablet six hours after leaving the surgery center, and continue every six hours until the tablets are gone. Set an alarm to wake you up, if necessary, so that you do not miss a dose.
- ☐ Your same-day eye pressure check with Maloney-Shamie Vision Institute is scheduled for: \_\_\_\_\_ at \_\_\_\_\_ .
- ☐ Your one day aftercare visit with Maloney-Shamie Vision Institute is scheduled for: \_\_\_\_\_ at \_\_\_\_\_ .
- ☐ Your one week aftercare visit with \_\_\_\_\_ is scheduled for: \_\_\_\_\_ at \_\_\_\_\_ .