

After My ICL Surgery

What to Expect after ICL Surgery

- Discomfort varies from patient to patient
- Most common complaints are **scratchiness, dull ache in eye, headache, burning, stinging, tearing, runny nose, redness and light sensitivity**
- Your vision is expected to be **cloudy, foggy, and/or blurry** today
- Your pupil may be **dilated or constricted** today and for several days

Is It an Emergency? 770-394-4000

Call the office if you experience:

- Deep, boring pain in the eye that is not improved with pain medication
- Nausea and/or vomiting
- Appearance of dense, floating specks
- Bright flashes of light
- “Curtain” effect off to the side
- Sudden, dramatic change in your vision

What to Do after ICL Surgery

- Resume your regular diet
- Rest the remainder of the day
- You may watch television, read and use the computer
- Wear the **eye shield** all day today and then for three nights
- Use **lubricating eye drops** several times a day as needed for scratchiness for at least 1 month
- Take over the counter **Acetaminophen** or **Ibuprofen** for mild discomfort
- If discomfort persists, take one tablet of **Hydrocodone** with food every four hours as needed for pain; then take a nap
- Take **Dalmane** as needed for sleep at bedtime
- **Showers only** for two weeks (no baths, pools, hot tubs, lakes, etc.) beginning tomorrow
- **Eye makeup** may begin in four days
- **Avoid lifting** greater than 25 pounds for two weeks
- **No rubbing or scratching** eye for 3-4 months
- **One Day Post-op Appointment:** _____
- Bring your **post op bag** and its contents to each eye surgery

Eye Drop Instructions

	<p style="text-align: center;">Generic Polytrim <i>Trimethoprim Sulfate & Polymyxin B Sulfate</i></p> 	<p style="text-align: center;">Prednisolone Acetate</p>  <p style="text-align: center; color: blue;">SHAKE BOTTLE</p>
Days 1-10	<p style="text-align: center;">4 times a day Breakfast, Lunch, Dinner, Bedtime</p>	<p style="text-align: center;">4 times a day Breakfast, Lunch, Dinner, Bedtime</p>

Patient Signature

Date



Generic Polytrim is an antibiotic medication for the eye.



Prednisolone is a steroidal anti-inflammatory medication for the eye.

Please remember to return your
Patient Satisfaction Survey *(in your surgery bag)*
at your NEXT office visit.

Thank you!!