

# Corneal Transplant or Penetrating Keratoplasty (PKP)

## For patients going home after eye surgery

Read this brochure to learn about:

- How to take care of yourself at home
- How to cope with pain
- What activities are safe to do
- Problems to watch for
- Making your follow-up appointment

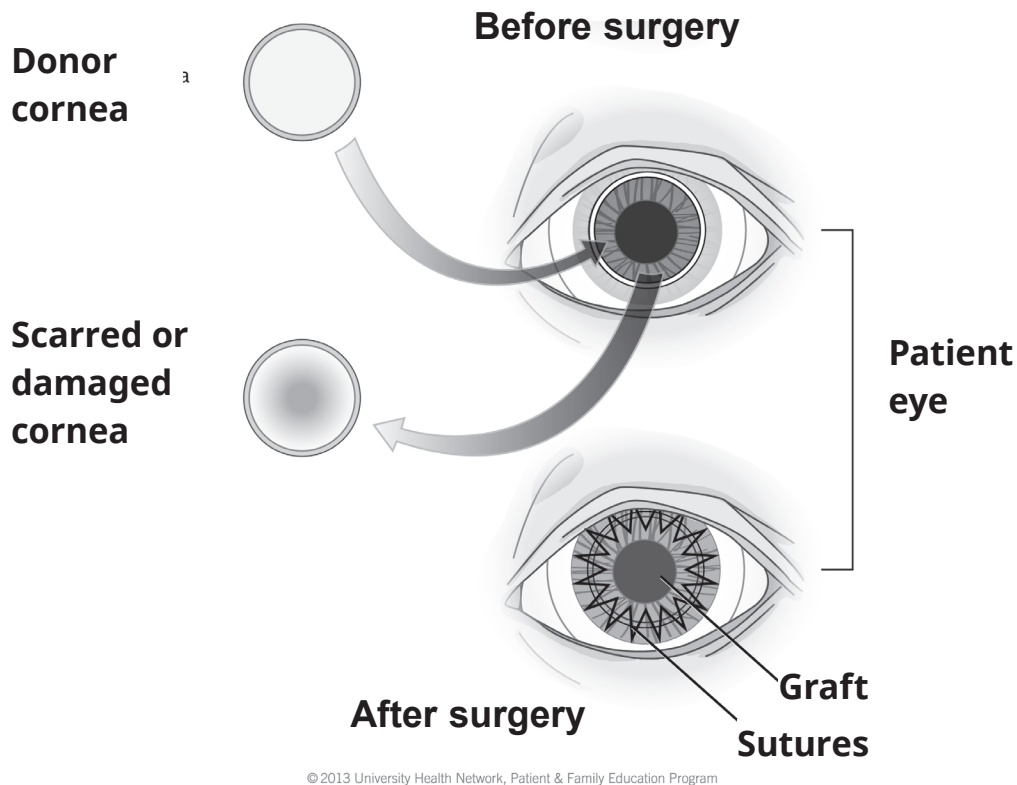


**You have had an anesthetic or narcotic medicine.**

- Do not drive a car or drink alcohol for 24 hours.
- Have a responsible adult stay with you overnight.



## Before and after your corneal transplant



In a Corneal Transplant (sometimes called a Penetrating Keratoplasty or PKP), the surgeon replaces your scarred or damaged cornea.



### What can I eat and drink after my surgery?

- You can go back to eating and drinking what you normally would. Slowly start by having fluids and soups on the day of the surgery. Then return to your normal diet the next day.
- If you are feeling nauseated (sick to your stomach) or vomiting, you can buy anti-nausea medicine from your local pharmacy without a prescription (such as Gravol, taken as a pill or rectally). Always follow the instructions on the package.
- Keep drinking fluids until the nausea passes. Then gradually return to your normal diet.



## How much activity is safe?

**If your surgeon has instructed you to lie flat**, continue to lie flat for the rest of the day. You may get up to go to the bathroom, eat and to return to your follow-up appointment. Your surgeon will let you know how long you must stay in this position.

**If you do not have to lay flat**, you can go back to your normal activities when you feel ready. It is safe to bend at the knees, read, watch TV, cough, sleep on any side, and go for walks.

**Do not do anything that would strain or put pressure on your eye.**

- Do not do strenuous physical activities like swimming, gardening, shoveling snow, jogging, aerobics, or having sex for 1 month after your surgery. Your surgeon will let you know when it is safe to play sports again.
- Do not lift anything heavier than 5 kilograms (10 lbs). For example, do not carry groceries, lift young children or pets.
- Avoid straining when having a bowel movement.



## Can I drive?

No, do not drive a car or operate a vehicle. Your surgeon will tell you when it is safe to drive again.

## When can I return to work?

Your surgeon will tell you when it is safe to go back to work.

## **How to take care of your eye**

- Do not touch your eye patch or rub your eye. Do not let anything touch your eye. Your doctor will remove the patch at your next appointment.
- It is normal for your eye to be red, blurred, uncomfortable, sensitive to light and teary after this surgery. These symptoms will get better over the next few days and weeks.
- If you usually wear glasses, keep wearing them during the day. Wear sunglasses when you go outside.
- We will give you a plastic eye shield to protect your eye. Wear the shield when you go to bed at night until your surgeon tells you to stop. You might have to wear the shield for 1 to 6 months after the surgery.
- Your eye will take some time to heal. It can take 1 to 2 years for your eye to heal completely.

## **How to wash your eye**

### **After your patch has been taken off:**

- Use a clean washcloth every time and warm tap water to wipe secretions or oozing from your lashes or from the corner of your eye.
- Do not use any commercial eye washes to wash your eye.

## **How to use your eye drops**

- We will give you a prescription for eye drops or ointment. Take the prescription to a pharmacy to have it filled.
- Bring your eye medication with you to all of your appointments.
- Do not start using the drops until your surgeon has taken off the eye patch. Once the patch has been taken off, follow the directions on the bottle for taking the drops.
- Wash your hands with soap and water before putting drops in your eye.

If you have never used drops before, ask the nurse in the Day Surgery Unit for the pamphlet, "How to Give Eye Drops."



## When can I shower or take a bath?

You can take a shower or bath 24 hours after your surgery.

When you shower or wash your hair, keep your eye closed to keep water and soap out.



## How do I cope with pain?

It is normal to have pain after this surgery. Your eye might ache and feel like there is something in it.

- If we give you a prescription for pain medicine, take it to a pharmacy to have it filled and follow the directions for taking the medicine.

### OR

- You can take Tylenol Extra Strength. Follow the instructions on the bottle.
- **Do not take Aspirin** or products that contain ASA unless your surgeon has told you it's OK. If you take Aspirin every day, ask the surgeon when to restart it.

## When can I take my usual medicines again?

If you have not taken your usual daily medicines, take them as soon as you get home.

## What if I am constipated?

Pain medicine can make you constipated. To prevent being constipated:

- Drink 3 to 5 glasses of water a day (each glass should be about 8 ounces).
- Eat foods that are high in fibre such as bran, vegetables and fruit.
- If you have not had a bowel movement for 72 hours, take a laxative like Milk of Magnesia and follow the instructions on the bottle. You can buy it from the pharmacy without a prescription.



### Watch for these problems

**Call your surgeon, your family doctor or come to the Toronto Western Hospital emergency department. If you are from out of town, go to the nearest emergency department if any of these problems below happen to you:**

- Increasing pain in the operated eye that does not go away after taking the pain medicine
- Nausea (upset stomach) or vomiting that continues for more than 8 hours and does not go away after taking Gravol
- Increasing redness in the operated eye
- A fever (a temperature higher than 38 °C or 101 °F)
- A gush of fluid from the operated eye
- Vision loss or no vision in the operated eye
- Green or yellow pus coming from your operated eye



## My follow-up visit

Call your surgeon's office to schedule a follow-up visit.

Please bring your health card (OHIP card) with you to all your hospital visits.

Dr. Chan                    416 603 5401    East Wing – 6<sup>th</sup> fl, room 461

Dr. Rootman            416 603 5401    East Wing – 6<sup>th</sup> fl, room 461

Dr. Slomovic            416 603 5389    East Wing – 6<sup>th</sup> fl, room 401

Other \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_



## Special instructions for you

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