

Corneal Transplant Post-operative Care & Advice

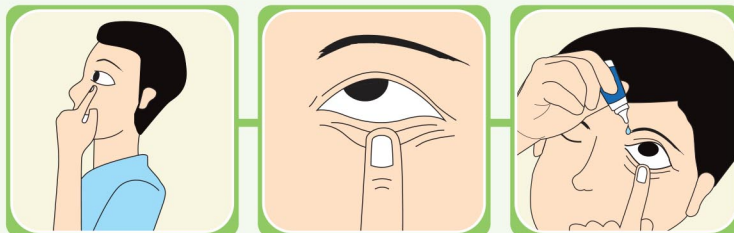


Singapore National
Eye Centre

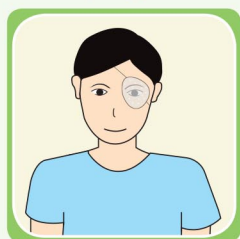
SingHealth
www.snec.com.sg

DO's

- 1** Apply eye drops according to doctor's instruction.
Ensure that you have enough eye drops until your next appointment date.
Call our corneal transplant nurse counsellor if you need more eye drops.



- 2** Put on eye shield
(while sleeping for 1 month)



- 3** Perform eye
cleaning (1 week)



- 4** No food restrictions



- 5** Wear sunglasses when
outdoors (1 month)



- 6** Allowed to travel (after 2 weeks,
unless otherwise instructed by doctor)



- 7** Can watch TV



- 8** Can do computer work



- 9** Can do near work (e.g. reading / writing / needlework)



- 10** Shower / bathe but
avoid water entering eye



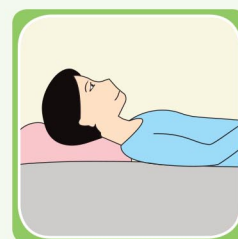
- 11** Comply to posturing
instructions if applicable



- 12** Use your eyes!



- 13** (Applicable to endothelial keratoplasty procedure only)
Lie flat and posture face up (on the night of surgery,
unless otherwise instructed by doctor)



DON'Ts

1 Don't rub / press on eye



2 Don't apply make-up (1 month)



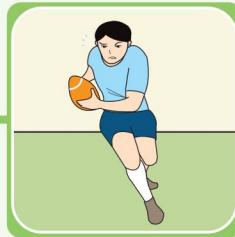
3 Don't splash water into the eye (1 month)



4 Don't bend forward and do heavy lifting (1 month)



5 Avoid exercising and contact sports (1 month)



6 No swimming if steroid eye drops are prescribed



7 Avoid strenuous work (1 month)



8 Refrain from driving until your vision is clear or as advised by doctor



9 Avoid cooking (1 month)



10 Avoid gardening (1 month)



11 Do not remove bandage contact lens on your own



IMPORTANT INFORMATION:

The main complication after a successful corneal transplantation is corneal graft rejection, a condition in which your body does not accept the new cornea, and damages it. You should be aware of early symptoms and signs of rejection.

Consult your corneal specialist immediately if you experience:

- Increased tearing
- Sudden pain and discomfort of the eye
- Redness of the eye
- Sudden worsening in vision

It is important that you report any changes in your condition to your transplant team.

You will be given a booklet on *Corneal Transplantation – A Reference Guide for Patients and Family Members*. Do get a copy from your corneal transplant nurse counsellor if you do not have one.

In case of emergency, contact your corneal transplant nurse counsellor at 8121 8549 / 9673 3063 (24 Hours).

For urgent consultation after office hours, Sundays and Public Holidays, please proceed to Singapore General Hospital Accident and Emergency Department (SGH A&E), which is located at Block 1.

Singapore National Eye Centre

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Appointments: (65) 6227 7266 Email: appointments@s nec.com.sg Website: www.s nec.com.sg