Corneal Transplant Surgery
Home Care Instructions

This handout tells you how to take care of yourself when you go home after corneal transplant surgery. Your nurse will review this with you. Please ask questions.

Pain

You may take 2 Tylenol® tablets every 4 hours until you go to bed tonight. This should decrease the mild pain you may have as the numbing medicine you received wears off.

Eye Drops

Bring the eye drops prescribed for you to your clinic visit. The day after surgery, a staff member will explain the proper way to give drops.

Eye Patch

Leave your eye patch and shield in place. These will be removed when you are seen in the clinic the next day. After that, you must always wear your glasses or the metal shield to protect your eye until it heals. When you lie down to nap or sleep, wear your metal shield until you are told you may stop using it. No soft patch under the shield is needed.

Diet

Resume your normal diet.
Resume any and all usual medicines as you return home on the day of surgery.
Activities

- You may resume all daily living tasks such as walking and climbing stairs.

- For the first 3 – 4 weeks, you should not do any strenuous activities such as jogging, racquetball, tennis, exercise or square dancing. Do not bend over with your head below your waist.

- Corneal transplant patients should not lift more than 20 pounds for one month.

- You may use the shower or bathtub and wash your hair.

- Reading or watching T.V. or movies will not strain your treated eye.

- Take care that your treated eye is not bumped.

- For two months, do not swim with your head under water.

- You may resume sexual activities when you feel ready.

When to Call the Doctor

- New or increased drainage from the treated eye
- Increased or a change in eye pain
- Increased redness of the eye
- Decreased clearness of vision in the treated eye
- If you have any questions

Early attention to problems often results in simple, successful treatment so don’t delay. Postponing a call or visit may lead to worse problems.
**Phone Numbers**

University Station Eye Clinic, 8 a.m. to 4:30 p.m., Monday through Friday  
*(608) 263-7171*

When the clinic is closed, your call will be forwarded to the hospital paging operator. Ask for the “Eye Resident on Call”. Give the operator your name and phone number with area code. The doctor will call you back.

If you live out of the area, call **1-800-323-8942** and ask to be transferred to the above number.

Please call if you have any questions or concerns