



## corneal transplantation



In cornea transplant surgery, the patient's cornea is replaced with a healthy cornea, and this operation may last 1-2 hours. Due to the difference between this surgery and other eye surgeries, there may be some differences in the post-operative instructions, and the number of visits for post-operative visits will be higher, and the stitches will be removed much later (6 to 12 months).



### Post-operative care

- Visit on the designated date and day.
- In the first three to four weeks after the operation, it is recommended to use the shield (perforated eye protection cover), especially when sleeping. To avoid strong light and damage to the eyes, use sunglasses, especially outdoors. In most cases, the eye is bandaged for the first 24 hours after the surgery, which may be longer according to the doctor's opinion.
- A few days after the operation, you can resume normal daily activities such as walking and watching TV. But you should avoid intense physical activities such as lifting heavy objects, swimming, gardening, impact sports or even aerobics for 1-2 months. 4-6 weeks after cornea transplant, pray while sitting and bow your head for Sajdah. Do not bend down.
- There is nothing wrong with sleeping on your back and sides, but avoid sleeping on your stomach (palm).
- For the first three to five days after the operation, avoid washing and splashing water on the face and eyes. You can use a clean and wet towel to clean your face.
- Washing the body (from the neck down) is okay after the first day, but for three days after the operation, you should avoid taking a shower or immersing in a tub or pool. You can bend your head back to wash your hair. Do not get water in the eyes.

- Eye make-up should be avoided for 4-6 days.
- It is better to avoid eye make-up while using eye drops.
- Consult your doctor about this. But usually you can resume your work activity 3 to 4 weeks after the operation
- You can have your previous normal diet. You will not have any restrictions on your diet. Of course, if you have underlying diseases such as diabetes or high blood pressure, you must follow their special diet. To prevent constipation, eat a diet rich in fiber (fruits and vegetables) and plenty of fluids.
- Due to the long recovery period of cornea transplant, a doctor's opinion is required before driving. Never drive without an ophthalmologist's permission, especially at night. Be sure to consult your doctor about the need to use prescription glasses.
- In case of these symptoms, immediately go to the ophthalmologist or the eye emergency of the hospital: increasing pain, redness of the operated eye, fear of reduced vision in the operated eye, feeling of a foreign body in the eye with pain and reduced vision.

Tips about the drops used after cornea transplant surgery

- Follow your doctor's instructions about how often to use these drops. Do not forget to bring your medicines with you in the next visits.
- The drops are related to the operated eye. Avoid pouring them into the opposite eye.
- Normally during the night (12:00 PM to 6:00 AM) there is no need to pour drops.
- If the doctor has bandaged your eye, avoid putting drops until the surgeon opens the bandage again.

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