

## Terrace Eye Centre

2<sup>nd</sup> floor, 87 Wickham Terrace, Brisbane QLD 4000  
Phone: 07 3831 0101 | Fax: 07 3831 3203

## Dr. Sing-Pey Chow MBBS (Honours) BMedSc FRANZCO

Consultant Ophthalmologist | Corneal and Cataract Surgeon

# **On the Day of your Corneal Transplant (DSAEK) surgery**

**Please take all your eye drops to the hospital**

### **Before you arrive**

Please read the information contained in this pre-operative pack.

Have a shower or bath at home. You may use deodorant, but do not use any:

- Talcum powder, face creams or moisturiser
- Make-up
- Perfumes or after-shave

You may wear your wedding ring but please leave all other valuables at home.

It is important to continue all your medications, including your eye drops. Please take your medication with a sip of water regardless of your fasting times unless you have been instructed otherwise. There are general guidelines on the next page regarding medications that you may need to cease. However, please check with your GP or specialist before you discontinue any medication to ensure that it is safe for you to do so.

### **What to expect on arrival**

After you have arrived and checked in, you will be changed into a hospital gown so please wear comfortable clothing that is easily removed. You are not required to remove your underwear. The operating theatres are kept at a constant temperature of 22-degrees Celsius, so you may wish to bring socks and a singlet to wear into the theatre. There will be blankets available.

You will meet the team looking after you, including your anaesthetist.

After your surgery, you will be brought to the Recovery area where you will be given a sandwich and coffee or tea, and your post-operative instructions will be explained to you before you are ready to go home. Please ensure that you have a carer to take you home.

## For patients having corneal transplantation:

### Standard advice for patients taking aspirin, warfarin and other medications

\*\*Please note that the table below is only a guide. Please check with Dr Chow, your GP or other specialist (eg. cardiologist, neurologist) if you have any questions.\*\*

Medication	Brand names	Instructions
<b>Aspirin</b> and aspirin-containing medications	Astrix, Cartia, Solprin, Disprin, Aspro, Asasantin	Continue your usual dose
<b>Clopidogrel</b>	Plavix, Iscover	Patients should cease clopidogrel 7 days before surgery if it is safe for you to do so. <b>Please see your GP or specialist at least 2 weeks before surgery to discuss this.</b>
Non-steroidal anti-inflammatory drugs (NSAIDs)	Nurofen, Voltaren, Indocid, Mobic	Discontinue for 3 days before surgery
COX-2 inhibitors	Celebrex	
<b>Warfarin</b>		<b>Please see your GP or specialist at least 2 weeks before surgery to discuss if you are able to discontinue this.</b> <ul style="list-style-type: none"><li>• Please arrange to have your INR checked the day prior to surgery.</li></ul>
<b>Newer oral anti-coagulants (NOACs)</b> <ul style="list-style-type: none"><li>• Dabigatran</li><li>• Rivaroxaban</li><li>• Apixaban</li></ul>	Pradaxa Xarelto Eliquis	<b>Please see your GP or specialist at least 2 weeks before surgery to discuss if you are able to discontinue this.</b> <ul style="list-style-type: none"><li>• You may need to stop this for 48 hours before surgery, and restart it 24 hours after surgery.</li></ul>
<b>Prasugrel</b>	Effient	<b>Please see your GP or specialist at least 2 weeks before surgery to discuss if you are able to discontinue this.</b> <ul style="list-style-type: none"><li>• You may need to stop this for 7 days before surgery, but can continue on aspirin.</li></ul>
<b>Ticagrelor</b>	Brilinta	
Herbal and natural supplements, especially if they contain garlic, ginkgo, ginseng, ginger or fish oil		Cease for 14 days prior to surgery

**Dr Sing-Pey Chow MBBS (Honours) BMedSc FRANZCO**  
Consultant Ophthalmologist | Corneal and Cataract Surgeon  
**Terrace Eye Centre**  
2<sup>nd</sup> floor, 87 Wickham Terrace, Brisbane QLD 4000  
Phone: 07 3831 0101 | Fax: 07 3831 3203

# Corneal Transplant (DSAEK) Surgery Instructions

## Immediately after surgery

In order to help the thin corneal transplant successfully attach to your eye, it is very important that you follow the instructions below:

- You will be lie completely flat for 1 hour in Recovery at Queensland Eye Hospital before going home. It is best to minimise the time spent travelling home so that you can spend as much time as possible lying on your back.
- **For the first 24 hours after transplantation, you should lie flat for at least 45 minutes out of every hour.**
- You may get up for meals and to go to the bathroom.
- It is vital that you **do not rub your eye** for at least 2 weeks after surgery.

## Discomfort

- You should not experience pain in your eye beyond mild irritation or discomfort.
- Panadol or Panamax should be all you need to ease your discomfort.
- **If you feel significant pain, please call Dr Chow on 0455 036 988.**

## Hygiene

- Always wash and dry your hands prior to instillation of your eye drops.
- You can gently wipe any discharge around your eye with a clean cotton pad moistened with cooled boiled water (whilst keeping your eye closed). Do not put pressure on your eyeball.
- Avoid soap or shampoo in your eye, and do not immerse your eye in water.
- No eye make-up for one week.

## Activities

- Do not drive until Dr Chow has told you that it is safe to do so.
- No flying for 1 week after surgery.
- For the first two weeks:
  - No swimming.
  - Avoid rubbing or bumping your eye.
  - Avoid any heavy lifting.
  - Avoid excessively dusty, dirty or dry conditions if possible.

## Glasses and shields

- During the day for the first 2 weeks, it is best to protect your eye with the eye shield, your old glasses or wrap-around sunglasses. This to prevent you from accidentally bumping or rubbing your eye.

**Dr Sing-Pey Chow MBBS (Honours) BMedSc FRANZCO**  
Consultant Ophthalmologist | Corneal and Cataract Surgeon  
**Terrace Eye Centre**  
2<sup>nd</sup> floor, 87 Wickham Terrace, Brisbane QLD 4000  
Phone: 07 3831 0101 | Fax: 07 3831 3203

- Wear the eye shield overnight for the first 2 weeks.

### **Your post-operative appointments**

- Your first post-operative appointment with Dr Chow is at Terrace Eye Centre (2<sup>nd</sup> floor, 87 Wickham Terrace, Brisbane).
- You will usually have further follow-up appointments with Dr Chow at 1 week, 6 weeks, 3 months and 6 months following surgery. This may vary depending on your rate of recovery.
- If your eye becomes red, painful or if the vision deteriorates, **please call**
- **Dr Chow immediately on 07 3831 0101 during business hours.**

### **Eye Drops Following Corneal Transplant (DSAEK) Surgery**

You will have two bottles of eye drops to use:

#### 1. Chlorsig (antibiotic)

- Use this drop first. Close your eyes for a few seconds after instilling the drop. Wait at least 10 minutes before using the Maxidex drop.
- Instill ONE drop 4 times a day for 2 weeks, then stop.

#### 2. Maxidex (anti-inflammatory)

- Shake the bottle before using it.
- Instill ONE drop 6 times a day for the first 2 weeks, then reduce to 4 times a day for the next 3 months.
- Maxidex is usually used on a slowly weaning regime of 4 times a day for three months, twice a day for three months then once a day for six months.
- Depending on your rate of recovery, you may need to continue this drop once a day indefinitely to prevent rejection of your transplant.

**Please do not stop your eye drops until Dr Chow advises you to do so.** If you are going to run out of either drop, please obtain a repeat prescription from Dr Chow or your GP. Stopping the drops early can result in your body rejecting your corneal transplant, which may lead to graft failure.

- You may find it helpful to tick each medication off as you use them.

### **Week 1 and Week 2:**

- Use Chlorsig FOUR times a day, then stop
- Use Maxidex SIX times a day (ie. every 3 hours whilst awake)

**Dr Sing-Pey Chow MBBS (Honours) BMedSc FRANZCO**  
Consultant Ophthalmologist | Corneal and Cataract Surgeon  
**Terrace Eye Centre**  
2<sup>nd</sup> floor, 87 Wickham Terrace, Brisbane QLD 4000  
Phone: 07 3831 0101 | Fax: 07 3831 3203



Week 1	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	C	M	C	M	C	M	C	M	C	M	C	M	C	M
7am														
10am	■		■		■		■		■		■		■	
1pm														
4pm														
7pm	■		■		■		■		■		■		■	
10pm														

Week 2	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	C	M	C	M	C	M	C	M	C	M	C	M	C	M
7am														
10am	■		■		■		■		■		■		■	
1pm														
4pm														
7pm	■		■		■		■		■		■		■	
10pm														

**From Week 3 onwards:**

- Use Maxidex FOUR times a day for the next 3 months
- **You will have a follow-up appointment with Dr Chow at Week 6.**

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

**Dr Sing-Pey Chow MBBS (Honours) BMedSc FRANZCO**  
 Consultant Ophthalmologist | Corneal and Cataract Surgeon  
**Terrace Eye Centre**  
 2<sup>nd</sup> floor, 87 Wickham Terrace, Brisbane QLD 4000  
 Phone: 07 3831 0101 | Fax: 07 3831 3203



Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 7	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 8	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 9	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 10	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 11	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

**Dr Sing-Pey Chow MBBS (Honours) BMedSc FRANZCO**  
Consultant Ophthalmologist | Corneal and Cataract Surgeon  
**Terrace Eye Centre**  
2<sup>nd</sup> floor, 87 Wickham Terrace, Brisbane QLD 4000  
Phone: 07 3831 0101 | Fax: 07 3831 3203