

## Corneal Endothelial Transplant DSEK/DSAEK/DMEK Surgery Pre-Operative Instructions

### Operation Preparation

Ensure you have read and understand the contents of this Surgery Handout, specific to your scheduled operation, containing the below advice:

- Page 1 - Pre-Operative Instructions
- Page 2 & 3 - Post-Operative Instructions
- Page 4 - Eye Drop Instructions
  - Please fill the prescriptions that have been provided to you prior to your scheduled operation, instillation of eye drops begin 1 day following your surgery
- Page 5, 6 & 7 - Eye Drop Dosing Schedule
- If you have not done so already, please return the required surgery paperwork to Terrace Eye Centre at least 1 week prior to your scheduled operation

### Anticoagulants

- Always check with your GP or cardiologist before stopping blood thinners
- **If you are advised to stay on them please do so**
  - Your operation can still proceed
- If you are advised it is safe to stop temporarily then follow the guidelines below:

|   |                              |
|---|------------------------------|
| <b>Cartia</b> (Aspirin)                   | No need to stop              |
| <b>Coumadin, Marevan, Warfarin</b>        | Stop 3 days before surgery   |
| <b>Clexane, Fragmin</b> (Heparin)         | Stop on day of surgery       |
| <b>Xarelto</b> (Rivaroxaban)              | Stop 24 hours before surgery |
| <b>Eliquis</b> (Apixaban)                 | Stop 48 hours before surgery |
| <b>Pradaxa</b> (Dabigatran)               | Stop 48 hours before surgery |
| <b>Brillinta</b> (Ticagrelor)             | Stop 5 days before surgery   |
| <b>Plavix, Iscover</b> (Clopidogrel)      | Stop 7 days before surgery   |
| <b>Asasantin</b> (Dipyridamole & Aspirin) | Stop 7 days before surgery   |
| <b>Persantin</b> (Dipyridamole)           | Stop 7 days before surgery   |

### Operation Day

- Please do not apply any makeup
- It is better to wear glasses to the hospital rather than contact lenses
- Take all your regular medications as normal
  - Blood thinners/anticoagulants see above
- No **food for 6 hours** before your operation
- Keep drinking **water** until **2 hours** before your operation
- If you are diabetic you will receive instructions from the hospital
- Ensure you have arranged for a carer to sign you out and take you home from surgery

## **Corneal Endothelial Transplant DSEK/DSAEK/DMEK Surgery Post-Operative Instructions**

### **Immediately After Surgery:**

- You will lie completely flat in recovery for 1 hour before going home
- You should try and lie flat on your back for 45 minutes out of every hour for the first day and evening and while sleeping for the first night only
- You may get up for meals and to go to the toilet etc
- These measures aid in the graft sticking as quickly as possible
- It is vital you **do not rub your eyes** for at least 2 weeks after surgery

### **Discomfort:**

- You should not experience pain beyond mild irritation or discomfort
- If you **feel significant pain, contact Dr Beckingsale**
- Panadol, Panamax or Neurofen should be all that is necessary to ease your discomfort

### **Eye Drops:**

- You have two bottles of eye drops to use **Ocuflox and Maxidex**
- These are to be used as instructed on the attached Eye Drop Instruction sheet
- Preservative free artificial tear drops (lubricating eye drop, e.g. hylo-forte) may also be used for dry eye symptoms as needed
- Maxidex or another steroid usually continues in low dose **long term** to minimise the risk of rejection of your transplant

### **Hygiene:**

- Always wash and dry your hands prior to instilling your eye drops
- Discharge around your eye may be wiped gently with a clean gauze square or cotton ball moistened with cooled boiled water but do not put pressure on your eye ball
- Avoid soap or shampoo in your eye
- No eye make up for 1 week

### **Activities:**

- **Do not drive** until instructed by Dr Beckingsale
- No swimming until at least 1 month after surgery
- Avoid rubbing or bumping your eye
- Other activities may be resumed as soon as you feel able, but try and avoid excessively dusty, dirty or dry conditions for the first 2 weeks
- Heavy lifting should be avoided for the first month after surgery
- No flying for 1 week after surgery

## **Corneal Endothelial Transplant DSEK/DSAEK/DMEK Surgery Post-Operative Instructions Continued**

### **Glasses / Shields:**

- You should wear some form of eye protection during the day for 2 weeks, such as your old glasses, a protective shield or wraparound sun glasses
- You should wear an eye shield at night-time for a minimum of 2 weeks (you will go home with this on after your surgery).
- You will be required to wear an eye patch for the first night only
- Wait until cleared by Dr Beckingsale before getting new prescription glasses, usually this will be after 2-3 months

### **Post-Operative Care:**

- It is imperative you attend your post-operative appointment's with Dr Beckingsale following your operation, all of the below checks will be back at Terrace Eye Centre
- Your first post-operative appointment will be the following day after surgery
- You will normally come back 1 week and 1 month following your operation, this being included in your post-operative aftercare period
- After the above post-operative appointments, you are out of your post-operative aftercare period, you are most likely to return 3 months and 6 months following also
- Although the exact timeframe may slightly differ depending on schedules and your rate of recovery
- The exact date & time for your post-operative appointments will be allocated by Dr Beckingsale's secretary, details are provided in your surgery confirmation



**If your eye becomes increasingly red, more uncomfortable, painful or the vision becomes worse, please phone Dr Beckingsale immediately on: 0406 533 960**

## Corneal Endothelial Transplant DSEK/DSAEK/DMEK Surgery Eye Drop Instructions

You have been provided with prescriptions for **TWO** different eye drops to use:

**OCUFLOX** (Antibiotic)

**MAXIDEX** (Anti-Inflammatory / Anti-Rejection)

Please bring your drops to your post-operative appointments

- When instilling the eye drops allow at least 5 minutes between each drop
- You may use an artificial tear drop at any time if your eye is irritated, blurry or dry
- Tick and flick chart on following pages, you may use this to easily track your eye drop schedule

### OCUFLOX Eye Drops:

- Instil ONE drop of OCUFLOX into the operated eye 4 times a day (Easy times to remember are at breakfast, lunch, tea and prior to going to bed)
- Use the OCUFLOX first. After instilling the drop gently close your eyes for a few seconds then open. Wait at least 5 minutes before using the MAXIDEX
- A good way to space the separate drops is to instil the OCUFLOX before the meal or when getting ready for bed and the MAXIDEX after your meal and just before you turn the lights out at night.
- Stop the OCUFLOX after 2 weeks

### MAXIDEX Eye Drops:

- Instil ONE drop of the MAXIDEX into the operated eye 6 times a day starting the day after surgery
- The MAXIDEX bottle should be shaken before putting a drop in your eye
- This works out to approximately every 3 hours while awake
- After 2 weeks the MAXIDEX reduces to 4 times per day
- MAXIDEX or another steroid usually continues in low dose **long term** to minimise the risk of rejection of your transplant



**It is very important not to stop any of your drops until Dr Beckingsale advises you to.** If you are on your last bottle and are going to run out of either of your drops you must get a repeat prescription either from Dr Beckingsale or your GP

**Corneal Endothelial Transplant  
DSEK/DSAEK/DMEK Surgery  
Eye Drop Dosing Schedule**

**O = OCUFLOX  
M = MAXIDEX**

**BLACK BOX = DO NOT USE**

| <b>Week 1</b> | Day 1 |   | Day 2 |   | Day 3 |   | Day 4 |   | Day 5 |   | Day 6 |   | Day 7 |   |
|---------------|-------|---|-------|---|-------|---|-------|---|-------|---|-------|---|-------|---|
| Time          | O     | M | O     | M | O     | M | O     | M | O     | M | O     | M | O     | M |
| 7:00 am       |       |   |       |   |       |   |       |   |       |   |       |   |       |   |
| 10:00 am      | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   |
| 1:00 pm       |       |   |       |   |       |   |       |   |       |   |       |   |       |   |
| 4:00 pm       |       |   |       |   |       |   |       |   |       |   |       |   |       |   |
| 7:00 pm       | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   |
| 10:00 pm      |       |   |       |   |       |   |       |   |       |   |       |   |       |   |

| <b>Week 2</b> | Day 1 |   | Day 2 |   | Day 3 |   | Day 4 |   | Day 5 |   | Day 6 |   | Day 7 |   |
|---------------|-------|---|-------|---|-------|---|-------|---|-------|---|-------|---|-------|---|
| Time          | O     | M | O     | M | O     | M | O     | M | O     | M | O     | M | O     | M |
| 7:00 am       |       |   |       |   |       |   |       |   |       |   |       |   |       |   |
| 10:00 am      | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   |
| 1:00 pm       |       |   |       |   |       |   |       |   |       |   |       |   |       |   |
| 4:00 pm       |       |   |       |   |       |   |       |   |       |   |       |   |       |   |
| 7:00 pm       | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   | ■     |   |
| 10:00 pm      |       |   |       |   |       |   |       |   |       |   |       |   |       |   |

| <b>Week 3</b> | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---------------|-------|-------|-------|-------|-------|-------|-------|
|               | M     | M     | M     | M     | M     | M     | M     |
| Morning       |       |       |       |       |       |       |       |
| Lunch         |       |       |       |       |       |       |       |
| Evening       |       |       |       |       |       |       |       |
| Bedtime       |       |       |       |       |       |       |       |

| <b>Week 4</b> | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---------------|-------|-------|-------|-------|-------|-------|-------|
|               | M     | M     | M     | M     | M     | M     | M     |
| Morning       |       |       |       |       |       |       |       |
| Lunch         |       |       |       |       |       |       |       |
| Evening       |       |       |       |       |       |       |       |
| Bedtime       |       |       |       |       |       |       |       |

**Corneal Endothelial Transplant  
DSEK/DSAEK/DMEK Surgery  
Eye Drop Dosing Schedule Continued**

|               |          |          |          |          |          |          |          |
|---------------|----------|----------|----------|----------|----------|----------|----------|
| <b>Week 5</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|               | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Morning       |          |          |          |          |          |          |          |
| Lunch         |          |          |          |          |          |          |          |
| Evening       |          |          |          |          |          |          |          |
| Bedtime       |          |          |          |          |          |          |          |

|               |          |          |          |          |          |          |          |
|---------------|----------|----------|----------|----------|----------|----------|----------|
| <b>Week 6</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|               | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Morning       |          |          |          |          |          |          |          |
| Lunch         |          |          |          |          |          |          |          |
| Evening       |          |          |          |          |          |          |          |
| Bedtime       |          |          |          |          |          |          |          |

|               |          |          |          |          |          |          |          |
|---------------|----------|----------|----------|----------|----------|----------|----------|
| <b>Week 7</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|               | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Morning       |          |          |          |          |          |          |          |
| Lunch         |          |          |          |          |          |          |          |
| Evening       |          |          |          |          |          |          |          |
| Bedtime       |          |          |          |          |          |          |          |

|               |          |          |          |          |          |          |          |
|---------------|----------|----------|----------|----------|----------|----------|----------|
| <b>Week 8</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|               | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Morning       |          |          |          |          |          |          |          |
| Lunch         |          |          |          |          |          |          |          |
| Evening       |          |          |          |          |          |          |          |
| Bedtime       |          |          |          |          |          |          |          |

|               |          |          |          |          |          |          |          |
|---------------|----------|----------|----------|----------|----------|----------|----------|
| <b>Week 9</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|               | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Morning       |          |          |          |          |          |          |          |
| Lunch         |          |          |          |          |          |          |          |
| Evening       |          |          |          |          |          |          |          |
| Bedtime       |          |          |          |          |          |          |          |

**MAXIDEX CONTINUES 4 TIMES PER DAY FOR 3 MONTHS AFTER SURGERY, THEN 2 TIMES PER DAY FOR 3 MONTHS, THEN ONCE PER DAY LONG TERM**

**Corneal Endothelial Transplant  
DSEK/DSAEK/DMEK Surgery  
Eye Drop Dosing Schedule Continued**

| <b>Week 10</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|----------------|----------|----------|----------|----------|----------|----------|----------|
|                | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Morning        |          |          |          |          |          |          |          |
| Lunch          |          |          |          |          |          |          |          |
| Evening        |          |          |          |          |          |          |          |
| Bedtime        |          |          |          |          |          |          |          |

| <b>Week 11</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|----------------|----------|----------|----------|----------|----------|----------|----------|
|                | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Morning        |          |          |          |          |          |          |          |
| Lunch          |          |          |          |          |          |          |          |
| Evening        |          |          |          |          |          |          |          |
| Bedtime        |          |          |          |          |          |          |          |

| <b>Week 12</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|----------------|----------|----------|----------|----------|----------|----------|----------|
|                | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Morning        |          |          |          |          |          |          |          |
| Lunch          |          |          |          |          |          |          |          |
| Evening        |          |          |          |          |          |          |          |
| Bedtime        |          |          |          |          |          |          |          |

**AFTER THE ABOVE 3 MONTHS, MAXIDEX THEN CONTINUES  
2 TIMES PER DAY FOR 3 MONTHS FOLLOWING,  
THEN ONCE PER DAY LONG TERM**

| <b>Week 13</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|----------------|----------|----------|----------|----------|----------|----------|----------|
|                | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Breakfast      |          |          |          |          |          |          |          |
| Evening        |          |          |          |          |          |          |          |

| <b>Week 14</b> | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6    | Day 7    |
|----------------|----------|----------|----------|----------|----------|----------|----------|
|                | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> | <b>M</b> |
| Breakfast      |          |          |          |          |          |          |          |
| Evening        |          |          |          |          |          |          |          |