

# Aftercare following a full-thickness cornea transplant (penetrating keratoplasty)

Department of Ophthalmology

Information for Patients

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## What to expect after your operation

Many people have no problems after this operation. If you have any pain take paracetamol or ibuprofen.

Vision can take several months to recover. It can take up to 18 months to 2 years before vision is stable.

If you play contact sports you will need to wear eye protection, as a severe blow for example, from a punch or squash ball, may separate the graft from the cornea. We may ask you to stop contact sports. We will have discussed this with you before surgery.

If you notice any of the following symptoms you should contact the Ophthalmic Suite or Eye Casualty Department using the contact numbers on the last page:

- Increasing redness
- Increasing swelling
- Sudden loss of vision
- Drop in vision
- Pain not managed with paracetamol
- Yellow sticky discharge
- Increased floaters, shadows and 'veil/ curtains' in your vision

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## **After surgery you should:**

- Wear the eye shield until the morning after your operation.
- Remove the eye shield the morning after your operation.
- Start using the drops the morning after surgery.
- Wash the eye shield daily with hot soap and water, then leave it to dry.
- Wear the eye shield in bed for the next 14 nights. Apply with surgical tape which is available from pharmacies and supermarkets.
- If you wish, you can wear sunglasses or your normal glasses during the day.
- If your eye is sticky in the mornings, you can bathe it with cooled boiled water and cotton wool.
- It is OK to look and bend down.
- Cooking, watching TV and reading will not cause any harm.
- Continue with any long-term regular eye drops. If you are unsure, please ask a nurse or doctor.
- Avoid contact sports. If you wish to do contact sports you should discuss the risks with your doctor.
- Avoid strenuous activity such as gardening and heavy lifting for 3 months after surgery.
- Stay off work for 2 weeks. If your job involves heavy lifting or a dusty environment you may need to stay off for longer.

## **After surgery you should not:**

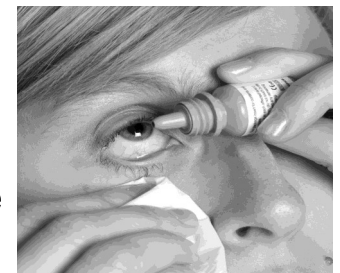
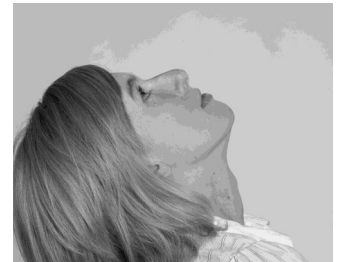
- Get any tap water in your eye for 1 month. Check with your doctor before going swimming. Only use cool boiled water on the face
- Get soap or water in your eye when washing your face/ hair.
- Drive until you have checked with a doctor, nurse or optician when you are safe to do so.
- Rub or touch your eye.

## **Your follow-up appointment**

- You will be seen a few days after your operation. You will be told what time and where to attend. You may be told on the ward or by letter in the post.
- The nurse will have given you some drops with this leaflet. Please follow the verbal and written advice about when to take the drops and how long for.
- If you think you are going to run out of your drops, please contact your GP surgery.

## How to apply your eye drops

- Always wash your hands before putting in the drops.
- Sit or lie with your head tilted backwards.
- Gently pull the lower lid down with 1 finger.
- Holding the bottle on the bridge of your nose or on your forehead, squeeze 1 drop into the eye.
- Close your eye and gently blot excess drops with a clean tissue.
- If you think you may have missed your eye with the drops, it is safe to put another drop in.
- When putting the eye drops into your eye, do not allow the bottle tip to touch the eye.
- Do not allow other people to use your eye drops.
- Throw away the drops when you have finished the course of treatment.



## Your eye drops plan is as follows:

The following drops should be applied to your operated eye only, starting the morning after surgery:

Eye drop	Time	Action
Dexamethasone (preservative-free)	1 drop, every 2 hours for 1 month, reducing dose after this time.	Anti-inflammatory
Chloramphenicol/ levofloxacin (preservative-free)	1 drop, 4 times a day for 2 weeks.	Antibiotic
Cyclopentolate 1%	1 drop, 3 times a day for 2 days.	Dilating drops

**Recording chart for dexamethasone eye drops - for 1st month:**

1 drop from each dexamethasone vial, every 2 hours for the 1st month.

Day	6am	8am	10am	12 noon	2pm	4pm	6pm	8pm	10pm
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
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28									

We will tell you your eye drop regime for dexamethasone after the first month:

1 drop from each dexamethasone vial, every \_\_\_\_\_ for \_\_\_\_\_.

**Recording chart for chloramphenicol eye drops:**

1 drop from each chloramphenicol vial, 4 times per day for 2 weeks.

Chloramphenicol	1st drop	2nd drop	3rd drop	4th drop
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

**Recording chart for cyclopentolate 1% eye drops:**

1 drop from each cyclopentolate 1% bottle, 3 times per day for 2 days.

Cyclopentolate 1%	1st drop	2nd drop	3rd drop
Day 1			
Day 2			



You must follow the instructions for your eye drops. If you run out of dexamethasone it can put your graft at risk of rejection which can cause loss of vision if not treated.

If you have any problems getting eye drops from your GP, contact the corneal specialist nurse or secretary. If you know you cannot get the drops from your GP, please contact us in plenty of time so we can speak to your doctor and post a prescription to you, or you may have to come to the hospital for your eye drops.

## Contact details

If you have any questions or concerns, please contact the **Ophthalmology Suite** on:

0116 258 6248 or 0116 258 6850 (Monday to Friday, 8.30am to 7.30pm).

**Corneal Specialist Nurse:** 07970 940 125 (Monday to Friday, 9am to 5pm)

**Corneal Team Secretary:** 0116 258 5913 (Monday to Friday, 8am to 4pm)

**Eye Casualty Department:** 0116 258 6273

Monday to Friday - 8.30am to 4.30pm

Saturday, Sunday and Bank Holidays - 8.30am to 12.30pm

For emergencies outside of these hours please attend the Emergency Department.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)

