



Pre-operative Instructions for Corneal Allogeneic Intrastromal Ring Segment (CAIRS) using KeraNatural®

Four days prior to surgery

- Stop wearing contact lenses.
- Begin washing eyelids both morning and night with the provided lid scrub pads or baby shampoo.
- Discontinue all make-up usage.
- Fill your prescription medications. If you are unable to fill any of your medications please contact our office at _____.

Day before surgery

Please make sure you have filled all your prescriptions including Diazepam and pain medication if prescribed. You will be using the eye drops post operatively.

Day of surgery

- Eat a light meal prior to arriving, but refrain from caffeine within 6 hours of surgery.
- Do not wear eye make-up, perfume, cologne, or after-shave.
- Wear comfortable clothing that does not pull over the head, is either button down or zip-up.
- Arrange transportation to and from your surgery appointment.
- Check in one hour prior to surgery.

After surgery

- Arrange a ride to and from your 1-day post-operative follow-up appointment. Plan to take off work the day of surgery and 2 days following surgery.

Appointments:

Surgery day is on _____

- We will call the day before to confirm the check-in time.

Day 1 follow-up is on _____

Week 1 follow-up is on _____

1-month follow-up is on _____

What to Expect after Corneal Allogeneic Intrastromal Ring Segment (CAIRS) Surgery using KeraNatural®

It is common to experience varying degrees of discomfort beginning 10 to 20 minutes following the surgery, as the anesthetic drops begin to wear off. There may be a feeling that something is in your eye or a burning sensation. This may last up to 2-3 days and is part of the healing process.

Your surgeon will place goggles over your operated eye, immediately after surgery. The dark goggles help with light sensitivity and remind you not to rub your eyes. It is best to go home, close both eyes, and rest for 4-6 hours.

You may also experience watery eyes, a runny nose, light sensitivity, and eye redness during the first few days to weeks following your surgery.

It is normal for vision to go in and out of focus for the first few weeks following surgery.

Some patients have dry eye symptoms causing a sandy sensation or eye tenderness. This may persist for several weeks, to months, following the surgery, and is best treated with frequent use of preservative-free artificial tears.

It is important to see your doctor for evaluation if you note symptoms outside of those described above, such as a significant loss of vision, increase in pain, redness, or discharge. These may be signs of complications that need prompt treatment. If you are experiencing these or other unusual symptoms, please contact us at _____ during normal business hours. For an after-hour emergency, please call _____ and ask to have the ophthalmologist “on call” paged.

Activities and Restrictions

After surgery, protective goggles or a shield will be placed over your eye(s) and must be worn until you see the doctor at your one-day follow-up exam. Please DO NOT REMOVE except to put in your eye drops and then immediately replace.

Space your prescribed eye drops at least 5 minutes apart so they don't dilute each other.

For the rest of the day following surgery, keep your eyes closed as much as possible including no reading, watching TV, or computer work. This will keep you more comfortable and encourage healing.

Showers and baths can be taken after your 1-day post-operative follow-up appointment. We encourage you to keep water and or soap from entering your eyes. Be careful not to rub your eyes as well.

You may be able to resume driving after your 1 day follow up appointment if your surgeon advises that your vision is adequate.

General exercise may be resumed 2 days after surgery. But be cautious for the first **2 weeks** following surgery to avoid eye trauma or wound contamination. These precautions include no application of eye make-up, lotions, or perfumes around your eyes. No eye rubbing. No contact sports or skiing. No swimming, diving, or other watersports.