



Patient & Family Guide
2020

Corneal Transplant Surgery

Aussi disponible en français : *Greffe
de cornée (kératoplastie)* (FF85-1718)



www.nshealth.ca

Corneal Transplant Surgery

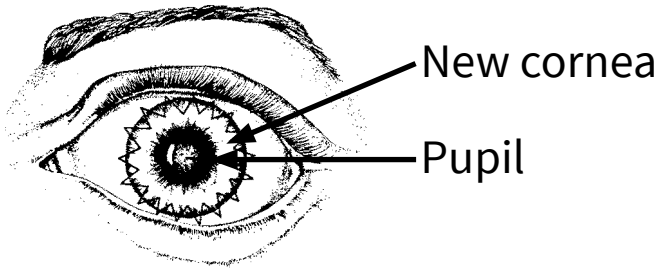
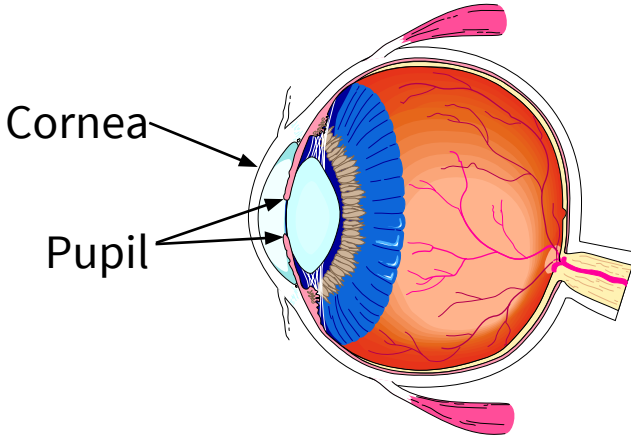
What is the cornea?

The cornea is the clear front part of the eye. Your eye doctor has recommended a corneal transplant because you are not able to see well through your cornea or it is causing you pain. A donor cornea will be used to replace the damaged or diseased part of your cornea.

There are 2 types of surgery:

1. A transplant where the donor cornea is sewn into place using a special microscope and very fine stitches. The stitches will be removed over time (not all at once). After surgery, your vision may not be clear right away. This is normal — it will get better over time.
2. Tissue is replaced within your eye and an air bubble is placed in your eye. You may have to lie on your back at home for 24 hours (1 day).

Your eye doctor will decide which surgery is right for you.



After surgery

- You must always wear a shield over your eye at night until your eye doctor tells you that it is no longer needed.
- You may be told to lie on your back for the next 24 hours.

- You may:
 - › wear your glasses or sunglasses.
 - › blow your nose gently.
 - › take a bath, shower, shave, and wash your hair. Be careful to keep your eye dry. Dab your eye area with a clean warm cloth if needed.
 - › slowly go back to your normal activities as your eye doctor suggests.
 - › take acetaminophen (Tylenol®) for pain, as needed.
 - › read.
 - › watch TV.
 - › use lubricating drops/natural tears, as needed.

Remember:

- **Do not** touch or rub your eye.
- When washing, wash gently around your eye.
- You must not move quickly, or jerk or bang your head.

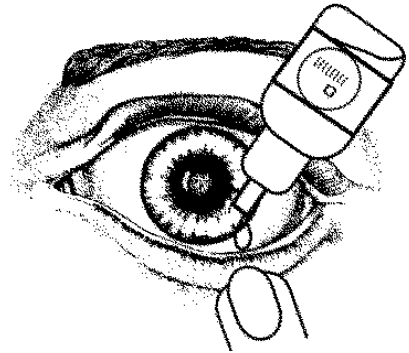
- To avoid becoming constipated (not able to poop), drink plenty of fluids and eat a healthy diet with plenty of fruits and vegetables. If needed, you may take a mild laxative or stool softener.
- **Do not** drive your car until your doctor says it is OK.
- **Do not** push, pull, or lift anything heavier than 5 pounds. If you would like to hold a child, sit in a chair and have them climb onto your lap.
- **Do not** take part in contact sports until your doctor says it is OK.
- **Do not** wear a cotton eye pad at any time.
- **Do not** hold in a sneeze – let it out through your mouth.

Keep followup visits with your eye doctor. Bring your medications and eye drops with you to these visits.

Using eye drops

Follow the eye medication schedule given to you by your nurse or eye doctor.

- Wash your hands well with soap and water.
- Shake the bottle well.
- Tilt your head back. You may sit or lie down.
- Open both eyes and look up. With one finger, draw your lower lid down.
- Holding the bottle in your other hand, place it as close as possible to your eyelid without touching it. Place one drop into the pocket made when your lower lid is pulled down.
- Do not touch your eyelid or eye with the tip of the bottle.



- Close your eye gently and keep it closed for one full minute. With a tissue, gently remove any extra drops from your cheek.
- Wash your hands well after you finish putting in the drops.
- Do not stop using your drops unless your eye surgeon tells you that it is OK.

Report these symptoms to your eye surgeon right away:

- › Severe (very bad) pain
- › Nausea (feeling sick to your stomach) and/or vomiting (throwing up)
- › Swelling or redness that is getting worse
- › Green discharge (pus)
- › Sudden change in vision, or ‘floaters’ that are getting worse

If you can't reach your eye surgeon, call locating at the Victoria General site at 902-473-2222 and ask to have the ophthalmology resident on call paged, or go to the nearest Emergency Department.

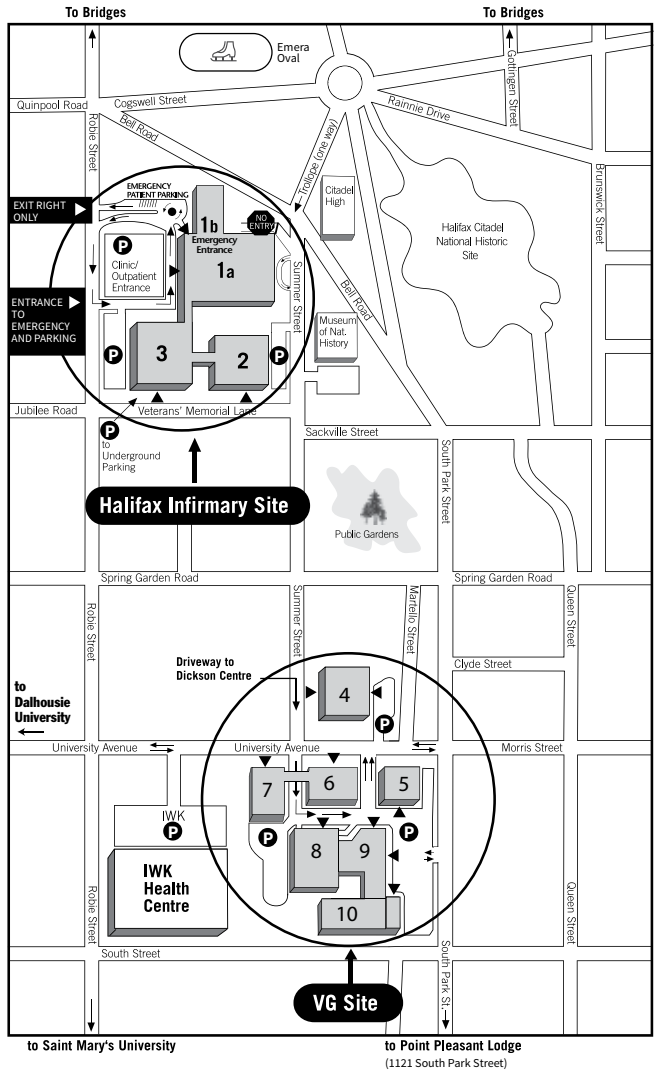
QEII Health Sciences Centre

is made up of 10 buildings located on two sites

- | Halifax Infirmiry Site | |
|------------------------|---------------------------------------|
| 1a. | Halifax Infirmiry |
| 1b. | Emergency Dept. |
| 2. | Abbie J. Lane Memorial Building |
| 3. | Camp Hill Veterans' Memorial Building |
| VG Site | |
| 4. | Nova Scotia Rehabilitation Centre |
| 5. | Bethune Building |
| 6. | Mackenzie Building Laboratories |
| 7. | Centre for Clinical Research |
| 8. | Dickson Building |
| 9. | Victoria Building |
| 10. | Centennial Building |

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.



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Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information in this pamphlet is to be updated every 3 years or as needed.