



See what you've been missing...

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VISIAN ICL

Estimated appointment timeline and post-operative information

• **IRIDOTOMY**

- Depending on lens type or approval from the surgeon, contact lenses should be out 5 days / 2 weeks prior to the procedure.
- Plan on a driver for this appointment, you will experience dim vision and “brow ache” for 4-6 hours. Patients with light colored eyes may experience this for longer.
- The appointment is about 1 hour long, you will be instructed to arrive at our office at 8:30am on a Thursday.
- An iridotomy lasts a lifetime but the small openings cannot be seen. They can only be detected by an eye doctor.
- Contact lenses can be put in 2-3 days after iridotomy
 - Prescription eye drops will be used after the Iridotomy:
 - Pred Forte (Prednisolone Acetate 1% or similar): 1 drop both eyes 4 times a day for 4 days.
 - Alphagan: 1 drop both eyes 2 times a day for 4 days.
 - Prolensa – (for use after the Visian procedure) This is to be used only if you feel any scratchy or burning sensation the day of your procedure.

The Visian procedure can be scheduled 2 or more weeks after the iridotomy

• **VISIAN ICL EYEDROPS – 3 DAYS PRIOR TO SURGERY**

These drops are to be started 3 days PRIOR to Visian surgery and used the morning of surgery day. They will be called in to your pharmacy prior to your procedure:

- Vigamox: 1 drop both eyes, 3 times a day
- Nevanac: 1 drop both eyes, 3 times a day
- Pred Forte (Prednisolone Acetate 1% or similar): 1 drop both eyes, 3 times a day

• **VISIAN ICL PROCEDURE**

- Contact lenses can be worn to the hospital
- Surgery is done on Tuesdays at Wentworth Douglass Hospital
- Plan on being at the hospital for about 4 hours. You will need a driver.
- Once you leave the hospital, you will be instructed to see Dr. Peters at his Clear Advantage office after you are discharged.
- Your vision after the procedure will be immediately improved, however after the procedure you will be expected to take a nap and plan on limited visual activities for the remainder of the day.

- Follow up appointments are scheduled for the day of the procedure, 1-day, 1-week, 1-month, 3-months and 6 months or 1 year.
 - Prescription eye drops will be used post Visian. (you will have already started using these eyedrops 3 days prior to the procedure)
 - Diamox (pills): Bring the prescription with you to the hospital. You will be instructed to take one tablet by mouth at the hospital once your surgery is completed. You will take a second tablet at bedtime.
 - Vigamox: 1 drop both eyes, 3 times a day for 7 days
 - Nevenac: 1 drop, both eyes, once a day until bottle is gone
 - Pred Forte (Prednisolone Acetate 1% or similar): Will be a taper schedule of 1 drop both eyes, 3 times a day for 7 days. Then 1 drop both eyes, 2 times a day until bottle is gone.
 - Prolensa – (given when you had the iridotomy) This is to be used only if you feel any scratchy or burning sensation the day of your procedure.

Do's and Don'ts after Visian surgery

1. Eye protection is recommended while sleeping (eye shields should be provided by the hospital) and outdoors on sunny or windy days for **1 week**. Use your own discretion when indoors.
2. No restrictions on shampooing hair, having a permanent, or drying your hair, but keep your face out of the stream of direct water for 1 week.
3. **NO** swimming for 2 weeks.
3. **YOU MAY** travel in an airplane, read, and watch T.V. the day after surgery.
4. **YOU MAY** bend over to put on shoes, socks, or pick up things (***NOTHING OVER 35lbs FOR 1 WEEK***).
5. **YOU MAY** sleep in any position.
6. Your vision may be good enough to drive as soon as the day after surgery. Ask your surgeon if you are not sure.
7. Please refrain from any vigorous physical activity/exercise for **1 WEEK**. It is okay for you to take a walk or play golf as long as you are wearing eye protection. If you are unsure, please ask.
8. It is not unusual to experience watering, a foreign body or a scratchy sensation for the first few weeks after surgery as the eye heals. It will improve with time. It is okay to use lubricant eye drops (“artificial tears”).
9. Please bring your eye drops with you to all visits through the 1 week follow up.
10. **PLEASE CALL THE OFFICE AS SOON AS POSSIBLE**, at 603-501-5000 if you experience sudden intense pain, discharge, extreme redness or a dramatic change in the vision in the “operated” eye.