

Orthoptic Department

After your Corneal Graft

There are different types of grafts. This leaflet provides general information. For specific advice please speak to your consultant.

How long should I stay off work?

Stay off work for between two and four weeks, depending on the type of work you do: you could return to light paper work after two weeks, but if you do heavy manual work, you should stay off for four weeks. If you are uncertain, discuss it with the doctor in the clinic.

Should I avoid reading?

You will do no harm reading or watching television, right from the time you go home and it is quite all right to go for walks and other gentle exercise, but you should avoid any activity which could result in a direct blow to the eye, because that could break the stitches holding the graft in place.

How long will I need to use eye drops?

You will need steroid eye drops for nearly a year or often longer to reduce the chance of your body rejecting the graft. It is important that you do not run out of these drops. If you are running low, get a fresh bottle from your own doctor. You should change to a fresh bottle every month.

When will I be able to see clearly?

Do not expect clear vision for at least four months after a full thickness graft in deep anterior lamellar graft. With endothelial grafts you should expect to recover vision within 2-4 weeks. At that stage you will be tested for glasses and, if they are helpful, we will prescribe them for you. When the graft stitches are removed which is usually after a year, the graft often changes in shape and your glasses would probably need to be changed again. Some people need to wear contact lenses of one sort or another to achieve their best possible vision.

Can I play sport?

The eye never regains its full structural strength after a full thickness corneal graft, so a hard blow to the eye could cause it to rupture. Avoid contact sports, and if you play squash, tennis, badminton or other ball games.

Always wear the specially designed eye protectors that are available from sports shops or clubs.

It is best to avoid swimming for a month after your operation and there is always the risk of being struck in the eye by the hand or foot of another swimmer, particularly if the pool is busy: if you must swim at such times, it may be best to wear goggles, but take care when putting them on and off. Don't do any high diving.

What should I look out for?

The main cause of failure of corneal grafts is **rejection**, in which your body recognises the graft as being different from the other tissues in your body and sets up an inflammation, causing the graft to become cloudy. This can progress quickly, over a day or so.

Rejection can usually be corrected if treated promptly, but if left to run its course, the graft will remain permanently cloudy and you would need another operation to restore sight.

If the eye becomes red, uncomfortable, sensitive to light or increasingly blurred, you **must** contact the Duty Doctor in the Eye Department to be seen on the **same day**. If you have any difficulty with this, please contact the telephone number on the next page.

If you have any comments about this leaflet or the service you have received you can contact :

Sister Ophthalmology Department
Acre Mills Outpatients
Telephone (01484) 343235
or
Calderdale Royal Hospital
Telephone (01422) 222414

Out of Hours contact Ward 8D
Telephone No: 01422 223803

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہ کرم میری مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"