

Blue Fin Vision® | Aftercare Guide

After ICL (Implantable Collamer Lens) Surgery

Your surgery has been completed successfully. This guide explains what to expect and how to care for your eyes as you recover.

A Key Principle: Use Your Eyes Normally

You will not damage your eye by using it. You can read, watch television and use your phone, tablet or computer as soon as you feel comfortable.

After Your Surgery

Pressure check: if needed, your eye pressure is checked 1 to 2 hours after surgery. This is rarely necessary. Our internal audit found that no intervention was required in 3 years.

The day after surgery: Mr Hove will speak to you to check how you are getting on.

Your next appointment: this is usually 1 month after surgery, and occasionally at 1 week. You will be told on the day of surgery when to return.

Your Eye Drops

You will be given two sets of drops:

Drops	How often	How long
Pred Forte	4 times a day	6 weeks
Bromfenac (Yellox)	4 times a day	6 weeks

Open one bottle of each. If you have had surgery on both eyes, use the same bottles for both eyes.

The timing of the drops through the day is not important. Simply put both drops into each eye that has had surgery, 4 times a day, for the full 6 weeks.

Leave 5 minutes between the two drops: one drop of the first into both eyes, then one drop of the second into both eyes 5 minutes later. Shake the Pred Forte bottle well before each use.

The drops do not need to be kept in the fridge.

Daily Activities

Activity	When
Reading, television and screens	As soon as you feel comfortable
Showering	From the next day
Water in the eyes	Not harmful, from the next day
Exercise	From the next day

Your Long-Term Check-Ups

Your ICL is monitored for as long as it remains in your eye. These check-ups are free of charge.

When	What is measured
1 month	Vault (the space between your ICL and your natural lens)
3 months	Vault and endothelial cell count
1 year	Vault and endothelial cell count
Every year after that, until the ICL is removed	Vault and endothelial cell count

The endothelial cell count measures the health of the inner layer of the cornea. It starts at 3 months, once the eye has fully settled.

When to Seek Advice

Contact us if you experience:

- Pain that is getting worse rather than better
- Headache with nausea or vomiting
- A sudden drop in vision
- Redness that is increasing

These are uncommon, but important to assess promptly. Mr Hove will personally give you his number.

Final Reassurance

ICL surgery is precise and well established.

Use your drops for the full 6 weeks, attend your check-ups, and get back to enjoying your vision.