

Preparations/ In Advance of Corneal Transplant

A few things I did ahead of operation day:

- Wash and dry everything in sight.
- Make up bed with clean sheets, have a good supply of fresh towels
- Hoover and dust everywhere
- Clear bedside table
 - have a bin beside the bed (for hankies/ drops vials etc.
 - Bottle of water (I was extremely thirsty)
 - Bowl of grapes (because its traditional)
- Gardening – cut the grass, weeding, anything heavy/ jaggy/ that involves bending over
- Cook and freeze some meals
- Check diary and clear/ complete everything for the week following op
- Write a list of questions for pre op appointments
- Wash hair/ dye hair
- Buy lots of tins of soup etc – easy meals that don't go off
- Enlist some help – drivers/ company/ babysitters (I didn't need the latter!)
- Pack hospital bag (I stayed overnight)
 - Toothbrush and paste/ medications/ pyjamas/ mobile phone and charger/ podcasts/ audio book/ headphones/ throat sweets (if your having a general anaesthetic)/ glasses or contact lenses and bag of solutions and cases etc.
- Arrange transport home from hospital
- Set up a mobile phone calendar/alarm/app for medication/ drops reminders (I had 15 separate 'events' daily at first).
- Find and save some relaxation music