

# *After*

## Surgery Instructions

### ***Appointments After Surgery***

Follow up care is important after surgery and your doctor will typically see you regularly over the next 2-3 months.

### ***General Instructions***

Take Tylenol as needed for pain or discomfort. A cool, damp facecloth held gently over the eye may also help soothe minor eye pain. **If you have a sharp persistent pain, please call us.**

Blink frequently for 2 or 3 days after surgery to prevent your eye from becoming dry. You can use artificial tears to help keep the eye moisturized.

**If you develop a constant ache in your eye or if your vision gets worse instead of better, contact us immediately.**

### ***Eye Drops***

It is important to take the eye drops as scheduled so that your eye can heal properly. The attached schedule will outline how often to take them.

### ***Eye Care for the Next 2 Weeks***

It is important to clean your eyelids regularly with a clean damp facecloth. This will help get rid of *crusties* that might build up. Be careful not to press too hard on the upper lid.

You may shower, bathe, and shampoo following surgery but avoid getting dirty or soapy water in your eye for one week.

Avoid getting dirt or dust in your eye and do not squeeze or rub it.

**Use the eye shield at bedtime** for the first week to protect the eye during sleep. Avoid sleeping

on the operated side for 1 week. The eye shield or eyeglasses should be worn during the day to protect the eye from accidental bumping.

You will be provided with sunglasses to protect you from bright light as your eye will most likely be light sensitive.

### ***Resuming Normal Activities***

In the days and weeks following surgery, you may resume all of your normal physical activities. Lifting heavy objects, such as furniture, should be avoided. Your doctor will determine when it is ok for you to drive.

It is okay to read and watch TV as long as you feel comfortable. Generally, all activities except swimming are permitted immediately after surgery.

### ***New Glasses***

Your glasses will probably not be the right strength after surgery. You may be more comfortable not wearing glasses after surgery or you can wear your present glasses until new ones can be prescribed. You will be fit for new glasses when the healing process is complete (1 to 3 months).

### ***In Case of Emergency***

Contact our office immediately if:

- your vision seems to be getting worse
- an ache in your eye does not go away
- you get a sensation of flashing lights
- you develop a shadow in your vision
- you develop a sudden decrease or loss of vision in either eye.