

## Postoperative Instructions

### Home instructions following eye surgery

1. You must wear eye protection at all times for one week after surgery. It is recommended that you wear your glasses or the metal shield provided. When not wearing your glasses, you should be wearing your metal shield. Sleep with the metal shield in place for one week.
2. The cotton patches are optional and may be discontinued whenever you wish. They serve mainly to catch tears and discharge, and to keep bright light from your eye during the immediate postoperative period. They are not necessary for the healing process. The shield may be worn without the patch underneath.
3. Do not lift more than 25 pounds.
4. Do not do any strenuous work such as gardening, cleaning, sweeping for one week.
5. Do not rub or bump your eye.
6. You may take a bath, shower, or wash your hair, but do not put your head under water for one week.
7. Vision should not get worse after first post-op day. Report immediately if vision is failing. There should be no pain. A scratchy feeling is okay, as is discomfort around the eye.
8. Report eye pain that requires more than Tylenol.
9. Drive only if the vision in your other eye is good; you must be the judge of this. Be safe and act responsibly; your safety and that of others depends upon your judgment.
10. Keep your eye clean and free of matter.
11. If you have a desk-type job, you may return to work as soon as you feel able after your surgery. If you do manual labor, you should remain off work for three weeks.
12. You may do light reading or watch television.

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13. You may walk as much as you want, and ride in a car.
14. You will be given medications to take home. Use them as instructed.
15. When using two different types of eye drops, wait five minutes between each eye drop. Additional instructions for glaucoma patients: Take your glaucoma medications in the operative eye after surgery. Continue all of your glaucoma medications in the healthy eye, as you did prior to surgery.

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If you are experiencing a medical emergency, call 9-1-1 immediately.  
For post surgery questions or concerns call our office at (808) 955-0255.