

When you return home following your surgery, there are some important guidelines you should follow to protect your eye as well as promote the healing process. Depending upon the type of surgery you have had, restrictions may be placed on movement, sleep positions, head position, hair washing, bending and lifting, sexual activity, reading and eye motion. Although some degree of healing will have taken place in the first few days following surgery, the delicate eye structures will require some special pampering. The following instructions will guide you in the special care and attention that are necessary for healing.

Eye Care:

1. You will have a patch and/or shield in place after surgery. Do not remove until you arrive at the office the next day at _____.
It would not be unusual for the patch to become blood tinged. Any little bit of blood can mix with tears and look like a lot.
2. You may have some eye discomfort after surgery. Take whatever you would for a headache, other than aspirin. If pain reliever (ie., Tylenol or Motrin) does not control your discomfort, call the office for stronger medication. The first night is usually the most uncomfortable.
3. It is normal for the eye to feel scratchy. There are sutures on the surface of the eye that will dissolve on their own over time. You can use the ointment to help soften the suture. Just pull down the lower eye lid, and squeeze about one half inch of ointment into the lid space.
4. The eye will be sensitive to sunlight while healing, because we keep it dilated. For your

comfort, we will provide you with sunglasses to wear postoperatively.

5. Occasionally after surgery, you may develop some achiness around your eye, eye brow, cheek bone, and out to your ear. Along with Tylenol/Motrin, use a warm compress four times a day for 20 minutes.
6. It is normal for the eye lids to be swollen and to have some bruising around the eye. Some mattering of the eye should be expected. Gently cleanse the eye lids and lashes with a clean, warm washcloth.
7. Wear your glasses during the day to protect the eye. Do not rub the eye. Wear the shield at bedtime if instructed to do so.
8. Call the office if you experience an increase in eye pain or any loss of vision after surgery. If you have a gas bubble in your eye, you will not be able to see through it – that is normal.

Medications:

When you leave the hospital today, the nurses will give you a bag of drops. Please bring them to the office with this booklet.

After your office visit, you will be using these eye drops:

_____ top _____ eye _____ x a day

Ointment _____ eye at bedtime and when scratchy. Take drops at mealtimes and at bedtime.

Special Instructions for Activities:

Hygiene: You may perform daily hygiene routine, such as brushing your teeth, washing your face (take extra care to avoid the operated eye), and washing your hair (lean head forward). It is fine to shower or bathe, without using the eye pad. Shaving with either a standard or an electric razor will not harm the eye in any way.

Rest: It is important to get as much rest as possible during your first week after surgery because your energy level will be down. It is not necessary to remain in bed. However, some patients will have specific rest instructions: _____

If positioned face down, please refer to the special booklet for suggestions.

Travel: You may not drive an automotive vehicle during the first week after surgery. However, you may travel as a passenger. Please limit your travel to necessary trips only.

General: No heavy lifting. Try to avoid bending from the waist – bend at the knees or sit in a chair to bend over. Reading makes both eye move together and may cause the operative eye to become achy. Read as much as tolerated. Watching T.V. keeps your eye still and can be done without any harm. You may walk outside, but do so in familiar surroundings to avoid accidental falls. Light housework is permitted – cooking, washing dishes or dusting. You may climb stairs. You may resume sexual activities.

Do not hesitate to call if you have any questions or concerns – someone is always available and will return your call.