

# Richmond Eye Associates, P.C.

Bryan Brooks, M.D.  
Markel Plaza Building  
4600 Cox Road, Suite 120  
Glen Allen, Virginia 23060  
Fax # (804) 270-1003

Phone # (804) 270-0330

Toll Free # (800) 707-0330

## POST-OPERATIVE SURGERY INSTRUCTIONS – TOPICAL ANESTHESIA (SHIELD OVER EYE)

- You may remove protective eye shield at home, but replace it whenever you are sleeping.
- You may find sunglasses serve two purposes: protect the eye and decrease light sensitivity for the first few days after surgery. You may discontinue their use when sunlight no longer bothers you, although UV protection is always highly recommended.
- If you have eye pain, you may try Tylenol or Ibuprofen first. If the pain persists, please call the office, even if it is after hours.
- Your vision in the operated eye will be hazy or cloudy for the first few days after surgery. Check your vision in operated eye each day. If you notice any decrease in vision please contact the office.
- Light lifting, walking, climbing stairs and normal everyday activities are generally recommended, provided you take care to avoid injury to the eye.
- Please begin the eye drops when you arrive at home and then every two hours until you go to bed that night. You will receive alternate instructions in the office tomorrow.

## ACTIVITIES TO AVOID

It is important that you avoid certain activities that might interfere with the healing of the wound. Generally, your common sense will tell you what activities might put too much strain on your eye.

- Avoid bending over and putting your head below your waist. If you pick something up, bend your knees and keep your head above your shoulders.
- Avoid straining, pulling, or lifting heavy objects. If you have trouble with coughing, vomiting, or constipation, please contact the office.
- Avoid squeezing your eyelids tightly together or putting pressure on your eye.
- DO NOT RUB YOUR EYE.
- Be careful not to fall or bump into things when going up and down steps, sitting down, or going through doors.
- No swimming for one (1) week after surgery.
- No eye makeup for one week after surgery.
- Don't drive the day of surgery or while taking narcotic pain medications.
- Do not drink alcoholic beverages for the next 24 hours or while taking narcotic pain medications.
- Do not make any important decisions or sign important papers for 24 hours.

\_\_\_\_\_  
Patient/Representative Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
MD/Nurse Signature

Revised: November 2010