

Richmond Eye Associates, P.C.

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POST-OPERATIVE SURGERY INSTRUCTIONS

- Do not remove protective eye shield after surgery. This will be taken off when you come in the office the day after your surgery.
- 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.
- 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.
- Put one drop of Zymar and Pred Forte in the operated eye four (4) times a day, and Xibrom two (2) times a day. Drops should be put into the space between your eyeball and your lower lid. To do this properly, you or whoever is helping you should place a finger on the cheek, just under your eye, and gently pull down until a "V" pocket is formed between your eyeball and lower lid. A mirror will be helpful if you are doing this alone.
Be very careful that the tip of the dropper bottle does not touch the eyeball at any time.

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

