

Tami Flowers, M.D.
Commonwealth Eye Care Associates

POST-OPERATIVE INSTRUCTIONS

The successful outcome of your operation depends, in some part, on how careful you are about caring for your eye. The following guidelines will help you care for your eye properly. It is very important for you to use the prescribed medicines as directed. Please call if you have any questions.

RESTRICTIONS:

- Do not rub your eye hard or put heavy pressure on the upper lid.
- Do not hit the eye on anything.
- If you have undergone cataract surgery, normal daily activities may be continued following the surgery.
- If you have undergone glaucoma or other surgery, do not strain or perform heavy lifting until instructed that it is acceptable to do so.
- Do not 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 medications.
- Do not make any important decisions or sign important papers for 24 hours.

MEDICATIONS: In the eye that had surgery, start these medications four hours after surgery:
Please wait 10 minutes between drops.

Use one drop of **Zymar** 4 times per day.

Use one drop of **ACULAR** 4 times per day.

Use one drop of **PREDNISOLONE** 4 times per day.

COVERING THE EYE:

Wear glasses if you wish during the daytime. Your vision may not be the same through your glasses as it was before your surgery. You may wear sunglasses for comfort. If a white gauze patch was placed over the eye following surgery, remove it and discard it four hours after surgery and begin using your eye drops. For the first night after surgery, wear your eye shield for protection.

VISION:

You may experience tilted, double or distorted vision for some time right after you remove the patch and shield after surgery. Your vision may be blurred and fuzzy for days to weeks following the surgery. The time required to achieve the best vision after surgery varies from patient to patient. It will also depend upon what surgery was performed.

GLASSES:

Glasses may be required after surgery for the sharpest distance and near vision.

YOUR NEXT APPOINTMENT at Dr. Flower's office: _____ Parham Colonial Heights

FOR EMERGENCIES: Call our office at (804) 217-6363

Patient/Representative Signature

MD/Nurse Signature

Date