

## Diet and Activity

- Your reflexes are diminished for 24 hours after receiving anesthetic medication; no operating a vehicle or appliances, drinking alcohol or making critical decisions. You must have someone stay with you during this time.
- You may resume your regular diet; start light to avoid nausea.
- You may resume activities including "light" reading, watching television, and walking.
- For the next week, do not lift anything greater than 20 pounds and do not bend at the waist. Refrain from strenuous exercise until instructed by your surgeon. No swimming for 3 weeks. Refer to other specific instructions from your surgeon.

## Medications

- You may resume your normal daily medication schedule.
- You may use Tylenol, Aspirin or Ibuprofen for pain or discomfort.
- When you get home, continue prescribed eye drop(s) as directed by your surgeon. If multiple drops are being used, wait about 5 minutes between each drop.
- Artificial Tears (preservative-free only) may also be used as needed for dryness and discomfort.

## Eye Care (follow instructions only for boxes that are checked):

- Avoid rubbing, bumping, scratching, or touching your eye. No eye make-up for 2 weeks.
- Wash hands before and after instilling eye drops; use clean tissue to wipe excess.
- Slight redness, scratchiness, and blurriness is NORMAL . This should clear in 2-7 days following surgery. Remember, every eye heals at a different rate.
- Your vision will change and your surgeon will evaluate your need for a new prescription during the upcoming weeks. Wear sunglasses outside!
- Apply eye shield over operative eye any time you sleep (bedtime/naps) for the next 5 nights.
- Leave shield on until tomorrow morning; remove only to apply drops.

**Follow-Up Appointment:** Go to your surgeon's office tomorrow @ \_\_\_\_\_  
Bring any eye surgery medications and prescription glasses to this appointment for review

## **\*CALL YOUR SURGEON IF ANY OF THE FOLLOWING OCCUR:**

- **Sudden loss of vision or severe pain/unbearable headache**
- **Signs of infection, including fever, swelling, heat, drainage or redness**
- **Bleeding, rash, persistent dizziness, extreme nausea and/or vomiting**

\*Go to the Emergency Room if you are unable to reach your Surgeon at number below:

**530-895-1727 (Chico Eye Center)**

**530-899-2244 (Reeve-Woods Eye Center)**

I understand and have received a copy of these instructions. All of my questions have been answered to my satisfaction.

**Patient/Responsible Party's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Nurse's Signature:** \_\_\_\_\_

Please contact us if you have any questions:

**Advanced Eye Surgery Center**  
**627 W. East Ave., Chico, CA 95926**  
**530-342-1800**