

## **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 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 (CEC)**

**530-891-1900 (NVEC)**

**530-899-2244 (RVEC)**

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**