



## INSTRUCTION SHEET PREOP/POSTOP EYE CARE

### PRE-OPERATIVE EYE CARE INSTRUCTIONS

1. Take no aspirin or aspirin-containing medicine 1 week before surgery. Aspirin is contained in many prescription and over-the-counter products. Please check the ingredients.
2. Do not take ibuprofen (Motrin, Advil, Nuprin or Medipren) for 1 week before the surgery. You may take acetaminophen (Tylenol, Anacin 3, Panadol and other brand names).
3. If, before the day of the planned surgery, you are put on any new drugs by any physician or dentist - please contact your doctor's office. He needs to know all the medicines you are taking.
4. Wear clothes that are comfortable and that are easy to put on and remove. Generally, do not wear a shirt or blouse that requires pulling over the head; wear a buttoned garment instead.
5. YOU MUST BRING ALONG SOMEONE WHO CAN DRIVE YOU HOME.
6. If it is necessary to cancel or change you appointment for any reason, please try to give us one week notice.
7. NOTHING TO EAT OR DRINK 5 HOURS PRIOR TO SURGERY!

### POSTOPERATIVE EYE CARE INSTRUCTIONS

1. Your eye will be bandaged the day of surgery and is to be left on overnight. The patch will be removed the following day in the doctor's office. Instructions for the use of medications will be give then.
2. A metal shield, provided by the hospital, must be worn at bedtime over the operated eye.
3. The eye medications may be used for 3 to 6 weeks and must not be discontinued until instructed by your doctor. The eye shield will be used for 5 days after surgery at bedtime.
4. Do not lift heavy objects in excess of 25 lbs.
5. Do not bend your head below your waist. In other words, do not bend down to pick up objects or tie your shoe laces.
6. Do not bend over the sink or use the shower to wash your hair. It is important not to get any water or soap in your eye. It is recommended you have your hair washed professionally for 2 weeks after surgery.
7. No strenuous exercises such as jogging, aerobics, weight-lifting, golf, bowling, etc.
8. Driving is left up to your own judgement. Do so only if you feel your vision is adequate enough to drive safely.
9. A corrective lens for your glasses will be prescribed after 6 weeks. During this time that your eye is healing you will return for brief visits as instructed by your doctor.
10. You will be required to wear your regular glasses during the day to protect your eye against injury. You may want to wear sunglasses outside as your eye may be sensitive to the sunlight after surgery.
11. If you have other questions or problems regarding your surgery, please contact your doctor's office.