

WHAT TO EXPECT AFTER SURGERY

1. You should have very little pain after surgery. If you have severe pain, please call us. Your eye will feel a little scratchy, itchy, and it may be a little red for a few weeks.
2. If you notice a little extra mucus in your eye or crustiness along your eyelashes, you may gently clean your eye with a warm washcloth. (Only if needed)
3. You should wear the plastic shield over your eye at bedtime or at naptime for one week after surgery.
4. Please do not perform any heavy lifting (anything over 10 pounds), any strenuous exercise, bending with the head beneath the waist, or swimming for one week after surgery.
5. You will be given a pair of sunglasses after surgery to wear outdoors if the glare bothers you.
6. You may take any pain medication (Aspirin, Tylenol, Advil) only if needed.
7. You will not need to use medicine eye drops because you received an injection of an antibiotic during surgery. You also received an injection of a long-acting steroid just under the surface of the eye. It is effective for 4-8 weeks after surgery and may appear as a WHITE SPOT on the lower part of your eyeball, usually hidden by the lower eyelid.
8. Please continue to use any regular eyedrops you were using before your surgery.
9. If you are taking eyedrops relating to surgery, please follow directions given at 1 day Post Op appointment.

Wait at least 5 minutes between the different medications.

The order of which you put the drops in does not matter, please use all drops until they are gone. Do not stop or reduce medications unless instructed by Dr. Nunn.

YOU MAY:

1. Walk up and down stairs and lift light objects (nothing over 10 pounds).
2. Watch TV, read, sew or do close work as usual.
3. Ride in the car, go to church, dine out.
4. Take a bath or shower, as long as you do not get any water into the operative eye.
5. You may go to the beauty salon when you desire or wash your hair after the first (1st) day, remembering not to get any water in the eye.
6. You may wear eye makeup after 10 days.

IF YOU SHOULD NOTICE A SUDDEN CHANGE IN VISION, PAIN, OR ANYTHING YOU ARE CONCERNED ABOUT, PLEASE DO NOT HESITATE TO CALL. ONE OF OUR PHYSICIANS IS ON-CALL 24 HOURS A DAY. OUR NUMBER IS: 779-3070 OR 1-800-922-6057