

Capital Eye Consultants

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POSTOPERATIVE INSTRUCTIONS

- You will go home with a patch covering your eye. This patch will stay in place until you go to your postop appointment the day following your surgery. At that time, the patch will be removed.
- You must wear eye protection at all times for one week after surgery. This may be either your glasses or the shield provided to you. When not wearing your glasses, you should be wearing your shield. You must sleep with the shield in place for one week.
- The eye patches are optional and may be discontinued whenever you wish. They serve mainly to catch the tears and discharge as well as to keep bright light from your eye during the immediate postoperative period. They are not necessary for the healing process. The shield may be worn without the patch underneath.

It is usual to have some small amount of blood staining the patch for the first two to three days after the surgery. You will likely experience a mild scratchy sensation underneath your patch; this is normal as the stitches dissolve.

- **DO NOT** lift more than 10 pounds or do any heavy or strenuous work such as gardening, cleaning floors, carpet sweeping, etc. for one week (unless directed otherwise by your physician). Avoid bending over, stooping, or any straining at bowel movements for one week.
- **DO NOT** rub or put pressure on your eye.
- You may take a bath, shower, or wash your hair, *but do not allow water to run from your scalp onto your face and eyes*. DO NOT go swimming or put your head under water for one week.
- Your vision will be very blurry for the next 6-8 weeks, especially if you have a gas bubble in your eye. The bubble will block the vision entirely initially and then gradually dissolve. This will appear like a line at the top of the vision that gradually moves downward.
- Try to wear dark, 100% UV absorbing sunglasses when going outdoors or in very bright environments for at least the first month after the surgery.
- A mild ache around the eye is not unusual. ***Pain and decreased vision could be the sign of an infection or increased pressure in the eye. You should contact our office immediately, especially if you experience nausea or vomiting.***

- An ice pack compress (ice or frozen vegetables placed inside a resealable plastic bag work well) may be gently applied to the eye to help reduce the bruising and swelling as well as to decrease the pain. Tylenol ES (extra strength) is also helpful for minor aching.
- The eye will remain bloodshot and the eyelids may appear bruised for two to three weeks. This is normal after the surgery.
- You may do light reading or watch television.
- Drive only if the vision in your other eye is good (you must be the judge of this). Be safe and act responsibly; your safety and that of others depends upon your judgement.
- You may walk as much as you want and you may ride in a car as long as both activities do not cause too much shaking of the head.
- **Keep your head in the position that your surgeon has stated to you after the surgery.**
- **CAUTION!** If you have a gas bubble in your eye, you must *not* lie on your back facing up until the bubble is gone. Sleep only on the right or left side (***whichever your doctor specified to you after surgery***).
- If you must, lie on your side only on the opposite side of the treated eye.
- **WARNING!** If you have a gas bubble in your eye, you must not fly in an airplane or travel to areas higher than 3000 feet in altitude for six (6) weeks after the surgery.
- **CAUTION!** If you have a gas bubble in your eye, you must take the acetazolamide (Diamox) pills as stated by your surgeon immediately after the surgery – as soon as you get home.
- **Make sure that you bring all of the medication and paperwork that you were given before and after the surgery to the office the next day after the surgery.**

If you have any questions or problems, please feel free to call our office at

703-876-9630