

Discharge Instructions



Keeping You in Sight

(864) 583-6381

1. Resume any regular medications.
2. Wear the protective shield over the surgical eye for one week while sleeping. It is safe to sleep lying on either side.
3. It is safe to wear your regular glasses during the healing period. There is no danger in using your eyes for reading, television, or other normal activities. If you desire, you may go without your glasses for periods of time. If your regular glasses bother you or hinder your vision, an Optician can remove the lens on the surgical side.
4. Important Precautions for the week after surgery:
 - Do Not lift more than 15 pounds for one week.
 - Do Not drive for 24 hours or until you feel safe.
 - You may shower and shampoo your hair as usual. However, keep the surgical eye closed and avoid getting water into the eye itself. In the event that water gets into your eye, put in a drop of Omni drops (or substitute). You may go to the beauty or barber shop as soon as you wish.
 - Do Not do any heavy physical work or strenuous activity for one week. Walking is encouraged. Climbing stairs, riding in a car, and any normal non-strenuous activities are safe.
 - Do Not use eye makeup for 1 week.
5. Normal post operative symptoms to be expected:
 - Your surgical eye will be red and somewhat scratchy and irritated. It may feel as if something is in the eye or under the eyelid. Your eye may be watery, sensitive to glare and blurry. Extreme pain is not expected and needs to be reported.
 - Mild pain or aching is commonly present the first week. Treat it with Tylenol, Advil, Aleve or other pain medications.
6. If any problems or questions arise, call your doctor at the office 583-6381. (daytime and after hours)
7. **REMEMBER TO BRING YOUR EYE DROPS YOU ARE CURRENTLY USING WITH YOU TO THE OFFICE ON EVERY VISIT.**