



Post-Operative Instructions

Any restrictions in activities listed below should be followed for a minimum of two weeks unless you are otherwise instructed by Dr. Sylvester or a staff member.

1. Relax and take it easy for one week after surgery.
2. Wear sunglasses when outside. This will help with sensitivity to sunlight and watering of the eye.
3. Use Tylenol for discomfort.
4. Protect the operated eye by wearing your regular glasses during the day and taping the metal shield over your eye at night for at least one week.
5. **DO NOT** sleep on the operated side or stomach the first night after surgery.
6. Continue taking all medications from other doctors, unless otherwise directed by Dr. Sylvester.
7. **AVOID STRAINING. DO NOT LIFT** anything over 15 pounds for one to two days. Light duty chores around the house may be done; however, no outside work for one week. **AVOID** bumping your eye or splashing water directly in your eye.
8. **DO NOT RUB YOUR EYE.**
9. **DO NOT** wash your hair for one to two days. Shower only from the neck down.
10. **DO NOT WEAR EYE MAKE-UP THE FIRST WEEK AFTER SURGERY.**
11. Driving may occur the second day after surgery, unless otherwise directed by Dr. Sylvester.

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Use any medications as directed by Dr. Sylvester.Example:

Pred Forte drops three times per day in the operated eye. Shake bottle before using.

To apply eye drops and ointment:

1. Tilt your head back
2. Gently pull down your lower lid, don't touch the upper lid. Look up.
3. Put the drop or ointment into the "V" pocket formed between your lower lid and eyeball.
4. It may be helpful to have a family member or friend apply your medications.

WHAT TO EXPECT

It is normal to have blurred vision for several days to several weeks after surgery. This depends on how rapidly your eye heals. Glasses will be prescribed when your vision stops changing. This is usually 4-6 weeks after surgery. Continue to wear your old glasses until that time.

Transient pain and irritation are due to the small incision and do not indicate trouble. Use of artificial tears will lubricate the eye and make it feel more comfortable.

Soreness and discomfort may be present for several days following surgery. Faint floaters are normal in the operated eye for a short period of time.

You may continue with normal activities as long as you use common sense and pay attention to the restrictions outlined.

When your eye is completely healed, you will be able to resume full activity and should have no restrictions.

CONTACT OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:

- 1. Sudden loss of vision.**
- 2. Sharp pain or blood in the eye.**
- 3. Increased pain or swelling, redness or drainage in the surgical area.**
- 4. A persistent shadow in your vision.**

Please feel free to call if you have any questions at all.

Moore Clinic: 405.799.7510 or Toll Free 800.666.7393

Moore Clinic Hours: Monday-Friday 8:00am-5:00pm