Medications –
- If you have any discomfort after surgery, you may take 2 tablets of Tylenol (325 mg per tablet) every 4 hours
- If you were instructed to stop taking Aspirin or Coumadin (Warfarin/Jantoven) before surgery, you may resume taking these medications, in addition to your other usual medications
- Continue with your regular eye drops in your non-surgical eye
- At your first postoperative visit you will be started on an eye drop regimen for the surgical eye. You are responsible for picking up one of the prescribed drops from the pharmacy; please do so immediately following your one day post-operative visit. If the pharmacy does not have the prescribed drop, please have the pharmacist call our office while you are there so that an alternate arrangement can be made
- Use the eye drops as prescribed until otherwise instructed

Diet –
- As usual

Activity –
- You may bathe the day after surgery
- You may take a shower and wash your hair 4 days after surgery providing that you do not allow soap or water in your eye for 2 weeks after surgery
- You may do normal bending, but if you wish to pick up something off the floor it is best to do so from a seated, or stable, position for 2 weeks after surgery. Avoid staying in an inverted position for an extended period of time for 2 weeks after surgery
- You may lift objects as long as it does not cause you to strain, hold your breath or become red in the face for 2 weeks after surgery
- No gardening or lawn work for 2 weeks after surgery
- You may resume driving once advised by your eye doctor
- Some exercise may be acceptable. Ask your doctor for advice if you have specific questions.

Post Operative Care –
- Wear your eye shield at bedtime for 2 weeks after surgery for your protection
- Wash your hands before touching around your eye
- Do not rub, press or bump the operative eye
- Use a fresh facial tissue for your eye each time. Gently blot any tears. Never use the same tissue for your nose and eye
- Moisten a cotton ball with Saline solution to gently remove any crusting on your lashes
- Do not wear eye makeup or mascara for 2 weeks after surgery
- Do not irrigate your eye
- Your eye will be sensitive to light and glare; wear sunglasses as needed for comfort
- It is normal for your eye to feel scratchy and irritated and for the vision to fluctuate somewhat. It is not normal to have severe pain or severe vision loss. Call if you are concerned that things aren’t healing normally.