

## Post-Op Instructions Your path to recovery.

---

- 1 Keep your post-operative eye clean and dry. Showering is okay.
- 2 **NO** heavy lifting, bending, or straining.
- 3 Please remain relatively inactive until further notice (usually 1-2 weeks). Strict bed-rest is not necessary.
- 4 Head positioning: \_\_\_\_\_
- 5 Avoid high-altitudes if you have gas or air in your post-operative eye.
- 6 **Please call the office IMMEDIATELY if you experience excessive pain, redness, or pus/discharge.**  
In general, these symptoms should show signs of decrease, rather than increase.
- 7 Reading, watching TV, etc., is okay. You will not damage the post-operative eye by using the "good eye".  
Excessive strain (such as speed reading) could cause discomfort.
- 8 Cover your post-operative eye at bedtime with a patch or shield; you may leave uncovered during daytime.
- 9 Clean eyelids with cotton-tip swabs or gauze pads as needed.
- 10 You may use ice packs on the post-operative eye for 5-10 minutes. Repeat every 30 minutes as needed.

### 11 Medication Regimen/Schedule

Typical Eye Drop Regimen      8 \_\_\_\_\_ 12 \_\_\_\_\_ 4 \_\_\_\_\_ 8 \_\_\_\_\_

- Prednisolone Acetate (pink or white cap)      1 drop in       left  right eye      \_\_\_\_\_ times per day.
- Atropine (red cap)      1 drop in       left  right eye      \_\_\_\_\_ times per day.
- Ofloxacin/other (tan cap)      1 drop in       left  right eye      \_\_\_\_\_ times per day.
- Dorzolamide/Timolol (blue cap)      1 drop in       left  right eye      \_\_\_\_\_ times per day.
- Combigan (purple cap)      1 drop in       left  right eye      \_\_\_\_\_ times per day.
- Other \_\_\_\_\_      1 drop in       left  right eye      \_\_\_\_\_ times per day.
- Ointment \_\_\_\_\_      1/2" inside lower eyelid       left  right eye      at bedtime.
- Pain Pills \_\_\_\_\_      Use as directed.

- 12 Your post-operative appointment is with:     Dr. Seligson     Dr. Golubev     Dr. McMillan     Dr. Hudson
- Location:     Santa Fe     Albuquerque
- Day/Date \_\_\_\_\_ Time \_\_\_\_\_
-