

After Surgery Instructions

The instructions on this sheet will help you to care for your eye after surgery.



Eye Shield

Day of surgery: Wear during the day and when sleeping, remove patch to put in all drops **3 more times on day of surgery** (1: arriving home, 2: dinner, 3: bedtime).

Day after surgery: Wear when sleeping ONLY for 1 week after surgery.

Make sure that the shield does not press into the eye socket.



Showering and Water

You may take a shower or bath starting the day after surgery.

Please keep soap, shampoo, and water out of your eye.

When drying your face with a towel, pat gently.



Medications

Use all drops **3 more times on day of surgery** (1: arriving home, 2: dinner, 3: bedtime).

Use as instructed, following instructions on the drop sheet you were given.

If you do not have the drop sheet, use drops 4x / day until you see Dr. Lin.

Bring medications to your post-operative visits so we can give you instructions.



After Surgery Exams

Dr. Lin or one of his associates will see you the day after surgery in clinic.

You will have additional post-operative visits, please follow your visit schedule.

Bring medications to your post-operative visits so we can give you instructions.

Bring your old glasses so that we can help you remove the lens in the surgical eye.



Precautions After Eye Surgery

Do not use any makeup, moisturizers, or soap in or around your eye for 1 week.

Do not lift anything heavier than a gallon of milk or exercise for 1 week.

Do not go into a pool, lake, ocean, sauna or hot tub for 4 weeks.

Do not rub your eye or put any pressure on it for 4 weeks.

Do not engage in contact sports or other potentially dangerous activities for 4 weeks.



What to expect

In the days following surgery, it is normal to experience blurred distance and/or near vision, as well as a sandy, gritty feeling in the eye. However, vision and discomfort should improve day by day.

If you start to feel worsening vision or increasing pain after surgery, call the office at (310) 206-7955. We have a 24-hour answering service and an ophthalmologist is on call 24/7 including after hours and on weekends.



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