

# DURRIE VISION

See a dramatic difference.

CK

## Post Operative Instructions

### Post Operative Instructions:

- ✓ Relax the evening of surgery. You may watch TV. Increase activity as your comfort and vision allows.

### Particular Precautions:

- ✓ **Do not rub or bump your eye for 1 month after surgery.** (Use particular caution for the first 2 hours following surgery while your eye is still numb.)
- ✓ If you are scheduled for a 1 day post op appointment, you should not attempt to drive until after that exam. You may return to work and/or drive when you are confident with your vision and your comfort allows. Remember, your vision may fluctuate for the first several weeks. **Use good judgment.**
- ✓ You may bathe or shower with caution. Avoid getting soap or water in your eyes.
- ✓ No swimming for 3 days after surgery.

Discomfort may vary. It is usually described as a slight burning or foreign body sensation. Rest quietly with both eyes closed if you experience discomfort. Take your normal over-the-counter pain medication. An ice pack placed around the eye may help to relieve the discomfort (20 minutes on, rest for 40 minutes). We recommend using a bag of frozen corn or peas wrapped in a dish towel.

You may experience light sensitivity and/or glare around bright lights. Protect your eyes from bright sun and wind for 1 month with the use of sunglasses.

**Medications: It is important to follow the instructions on your medications exactly.** Any prescription medication may have severe side effects if used other than prescribed.

Vigamox       Omnipred (\*Shake)       Other \_\_\_\_\_

- ✓ Start one drop in the **RIGHT / LEFT** eye at **12 NOON 5:00 P.M. 10:00 P.M. TODAY.**
- ✓ Tomorrow you will start one drop in the **operative** eye(s) **4 times a day for 6 days.**
- ✓ Instill drop in the lower lid away from the cornea.
- ✓ Separate drops by 5-10 minutes.
- ✓ If prescribed, you may use **Nevanac** every 4 to 6 hours up to 4 times per day, **ONLY** if you are experiencing pain. **STOP** after 48 hours.
- ✓ If prescribed, you may use one drop of **Tetracaine** 4 hours after surgery and one more drop at bedtime, **ONLY** if you are experiencing pain. Allow at least 4 hours between drops.
- ✓ Use **Preservative Free Tears (individual vials)** a minimum of 6-8 times per day, or more often as needed, for at least 1 month after surgery. These may be refrigerated to help alleviate discomfort.
- ✓ If you are over the age of 40, you may still experience difficulty with near/intermediate vision for approximately 4-6 weeks. A dime store pair of reading glasses (+1.50) should be of assistance.

**Your post op appointment is: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_**

\_\_\_\_\_  
*Patient or significant other signature*

\_\_\_\_\_  
*Counselor signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Time*

Dismissed to \_\_\_\_\_

**If you have a concern and need to speak to a doctor, please call (913) 491-3330.**

*Rev 12/2008*