**POST OPERATIVE INSTRUCTIONS**

* LUBRICATING DROPS: Your eyes may burn and may feel scratchy for several days after surgery. Use lubricating eye drops as often as needed.
* PLASTIC SHIELD: You will receive a plastic shield on the day of surgery. Please wear the plastic shield while you are sleeping or lying down for 3 days/nights.
* SUNGLASSES: Wear sunglasses (any pair with UV protection) whenever you are outdoors for at least 1 week.
* RUBBING YOUR EYE: Do not put any pressure or rub your eye for 2 weeks.
* MAKE-UP Avoid wearing make-up for 1 week.
* CLEANING YOUR EYE: You should wipe off the drop residue gently with a clean tissue.
* EATING AFTER SURGERY: You may eat what you like after surgery but do not drink alcohol for 24 hours as this may interact with the anesthesia medications you have had during surgery.
* ACTIVITES: You may resume light activities, but avoid heavy lifting, straining, or intense exercising for 1 week. No swimming under water or diving for 1 month. Golf or tennis is permissible after 1 week with protective eye wear. Do not garden or shear dog for 2 weeks.
* SHOWERING/BATHING: You may shower or take a bath at anytime, but you must avoid getting soap or water in the operated eye 2 weeks.
* DRIVING: You should avoid driving for 1 week unless your surgeon tells you otherwise. Your vision may seem clearer but you may still not be legally allowed to drive.
* RESUMING WORK: For office or desk jobs resume work within 1-2 days, for those who do more active work that requires bending, lifting heavy objects, working in dusty environments we suggest 5-7 days off work. FLYING: Please refrain from booking a flight within first 14 days following your surgery
* GLASSES: it is normal for the operated eye to feel blurry for several hours or even a few days. Often the vision clears up slowly but it can also be sharp within a day. Everyone is different and each eye will heal differently. You will see your surgeon in 5 to 7 days. You will see your Optometrist 3-4 weeks after having your surgery.

DROPS INSTRUCTIONS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Drops:  🡻 | **Vigamox (Moxifloxacine)**  🡻 | **Maxidex**  🡻 | **Prolensa**  🡻 |
| **Day of Surgery** | Once at Home | 1 drop/ every two hours | 1 drop/ every two hours | 1 drop once a day |
| **Day After Surgery** | Until bottle is empty | Continue 1 drop/ 3 times a day until the bottle runs out | Continue 1 drop/ 3 times a day until the bottle runs out | Continue 1 drop a day for 28 days |

**EMERGENCY CALLS:**

There is a small risk of infection after your surgery. Infections usually occur 2-5 days post surgery. It is extremely rare for an infection to occur within the first 18 hours.

PLEASE CALL US IF YOU EXPERIENCE ANY OF THE FOLLOWING IN THE FIRST WEEK

Decreased Vision

Increased redness

Increased pain

Increased floaters

**DAY 1-7 post operative**

DAY TIME: 416-792-3043 or email surgery@northtorontoeyecare.com

AFTER HOURS: 416-201-3235

**AFTER DAY 7**:

DAY TIME: 416-792-3043 or email surgery@northtorontoeyecare.com

AFTER HOURS: go to the nearest emergency department

If you are admitted to a hospital within 10 days of the procedure for any medical reason, please notify our office.