

Client: _____

DOB (yyyy/mmm/dd): _____

HRN / MHSC: _____

PHIN#: _____

Addressograph/Place Label Here

INSTRUCTION GUIDELINES FOLLOWING EYE SURGERY

Includes: Cataract, Corneal Transplant, Pterygium, PHAKIC IOL

When you go home you will be awake, but your body will still have the effects of the medications for about 24 hours. Your reactions and judgments may not be the same as usual. So, for your safety, a responsible adult must go home with you and stay with you for the first night.

For the first 24 hours after surgery:

- Do not drive a vehicle
- Do not operate machinery
- Do not make any important decisions
- Do not use the bus service

Eye Dressing:

- Do not touch your eye dressing unless your doctor gives you special instructions

Medications:

- Take your regular medications as soon as you go home
- Your eye may feel a bit uncomfortable. It may feel scratchy. This is normal. Take two Tylenol, regular or extra strength, if you need them.
- If you become constipated, take a mild laxative. If you strain at your bowel movement, it can hurt your eye.
- You will have eye drops for three to six weeks after your operation.

Vision:

- Your vision will improve. For some people, it gets better in a few days. For some, it takes a few weeks. It can even be different from one eye to the other.
- You may have some double vision, which is normal. It will go away.
- Strong light may hurt your eyes for a few weeks. Wear sunglasses or clip-ons.
- Stay away from places where dust or dirt is blowing around.
- Avoid smoke-filled rooms and strong fumes.
- Normal healing takes four to six weeks.

Activities:

- No heavy lifting (greater than 10 pounds) or bending.
- You may do usual activities after surgery, including reading and watching TV, as long as you are comfortable.
- If you need to wash around your eye, close your eye and wipe gently with a clean cloth and warm water. Be sure to wipe from inner corner to outer corner of the eye.
- Do not squeeze or rub your eyes.
- Do not get water or soap in your eyes.
- Do not wear eye make-up for the first two weeks after surgery.

Ask your doctor when you can resume the following:

- Lifting anything greater than 10 pounds and bending
- Swimming
- Washing your hair
- Sexual activity

Original to Patient Copy on Health Record

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At your follow up appointment, your eye doctor will tell you:

- When to resume driving
- How long to wear your eye shield at bedtime
- When to get a new eye glass prescription

Contact your eye doctor by calling 204-578-4000 if:

- You have severe eye pain not relieved by Tylenol
- You notice a sudden change in vision
- You notice increasing redness or swelling of the eye or lining of the eye
- You notice any yellow or green or pus-like discharge from the eye

Special Instructions:

How do I use my eye drops?

1. Wash your hands.
2. Tilt your head back and look at the ceiling.
3. Using your index finger, gently pull down your lower eyelid to form a pocket.
4. Gently squeeze one drop into the pocket. Do not let the bottle tip touch your eye, your fingers, or any other surface.
5. Gently close your eye for about two minutes. This helps keep your medication in contact with your eye and prevents absorption into the bloodstream.



Your next doctor's appointment is:

Time: _____

Date (yyyy/mmm/dd): _____

Place: _____

If you have any questions or concerns after your surgery, contact your doctor via the hospital switchboard at 204-578-4000. If you believe your concern is **urgent**, you may need to go to the hospital Emergency Department, but page your doctor first. An alternative phone number to call is Health Links at 1-888-315-9257 only if the former options are inaccessible.

Reviewed With

Signature

Printed Name of Staff and Designation

Signature of Staff

Date (yyyy/mmm/dd)

Adopted from NS Health <http://www.cdha.nshealth.ca/patientinformation/nshealthnet/0666.pdf>

Original Effective Date: 2014-Dec

File in

Revised Effective Date: 2020-Apr-24

Progress Notes/Care Maps