

# Eye Care Centre Day Care Surgery

## Post-Operative Instructions

Eye Care Centre  
Ambulatory Surgery  
2550 Willow Street  
Vancouver BC V5Z 3n9

## Patients Having Procedures that Require Sedation and/or Analgesia:

After sedation or analgesia medication, your mental and physical capacity may be disturbed for several hours.

- A responsible adult should accompany you home and remain with you for the first 6 hours.
- **Do Not** do any activity which require coordination or important decision making such as driving a car, travel alone, sign important papers or operate machinery.
- **Do Not** drink alcohol, take recreational drugs, or sedating medications for 24 hours after procedure.

Doctor's Name: \_\_\_\_\_

Telephone: Office: \_\_\_\_\_

Home: \_\_\_\_\_

If you can't get hold of your doctor, go to Vancouver General Hospital Emergency.

## Dressing

- 1. Remove patch/shield, clean eye
  - a) Time: \_\_\_\_\_
  - b) Start drops at: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2. Wear shield for sleeping for \_\_\_\_\_ week(s).
- 3. Wear eye glasses/sunglasses during the day for \_\_\_\_\_ days/week(s).

## Prescription

- 1. Resume all regular medications. Avoid aspirin unless otherwise instructed.
- 2. Take Tylenol for pain.
- 3. Take eye drops to doctor's office on each visit.

### Doctor's Appointment

Your next scheduled appointment is:

\_\_\_\_\_

- A. You may shower or bathe.
- B. You may resume hair washing. Be careful to avoid getting soap/shampoo in eyes.
- C. You may resume normal diet.
- D. Keep cosmetics away from eyes.
- E. For glaucoma procedure discontinue glaucoma drops.

### Activity

- 1. Resume daily activities. No heavy lifting/bending for \_\_\_\_\_ week(s).  
Walking is okay.
- 2. No swimming for \_\_\_\_\_ week(s).
- 3. Do not drive until you have checked with your doctor.
- 4. You may read, watch TV or use a computer.

Remember: You may see halos. Your vision will gradually improve but may be blurry for 2–3 days. For some procedures your eye may be frozen for 4–8 hours following surgery. You may not have normal eye movement up to 24 hours after your surgery.

### How to Care for Your Eye

- Do not rub your eye. Do not rub around or under the dressing.
- Wash your hands first!
- Every morning and at any other time when your eye feels sticky, moisten a cotton ball/pad or tissue in warm tap water and gently wipe once over the closed eye.
- Always wipe from the nose out to the cheek.
- Use a fresh cotton ball/pad or tissue for each wipe.

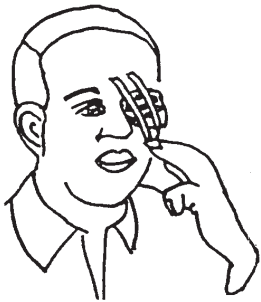


## Call the Doctor If...

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1. Eye pain is severe or persistent.
2. You have sudden decrease in vision.
3. You notice an increase in redness of the eye or lid.
4. The quantity of sticky discharge increases or changes from a straw colour to a greenish hue



## Procedure for Instilling Eye Medications

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Eye drops will help prevent infection. Your doctor will advise you if and when you may stop using them.

Your nurse will have instructed you and/or a family member or friend in the correct procedure for instilling your drops. Follow it carefully.

1. Wash you hands well.
2. Seat yourself in a supportive chair with your medication beside you.
3. Check your medication to make sure you have the correct drops for each eye. Shake the bottle. Remove the bottle cap.
4. Tilt your head backwards and pull your lower lid down to the cheekbone. Your lower lid will be “cupped” and ready to receive drops.
5. Use your other hand to squeeze a drop into the eye. Release the lower lid and gently close your eye for a few seconds.
6. Gently blot excess medication with a clean tissue or cotton ball.

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