



## DISCHARGE AND HOME CARE INSTRUCTIONS

You have undergone an operation in our ambulatory surgery unit and are now being discharged home. It is important that you follow these instructions.

### GENERAL INSTRUCTIONS

- 1) It is strongly recommended that a responsible adult stay with you for the first 24 hours following surgery.
- 2) The sedation you have received can impair judgment, coordination, and memory. Your activities must be restricted accordingly. **No driving, alcohol or signing of legal documents for 24 hours.**
- 4) Resume your regular diet and any medication you were taking from other physicians prior to surgery.

### SURGICAL SITE INSTRUCTIONS

- 1) **Do not rub eyes at any time for 2 weeks.**
- 2) The anesthetic drops you received will wear off within 1-2 hours. It is normal to feel some mild discomfort, scratchiness, or burning. You may use Tylenol or ibuprofen for mild discomfort every four hours if needed. You may use Refresh or Systane lubricating eye drops as needed.
- 3) You may shower after your next day post-operative visit, but try to avoid getting water in your eye. Do not get anything unclean in your eye including dust, grass clippings, shampoo, etc.
- 4) Please take it easy on the day of surgery. Do not exert yourself or lift anything over 15 pounds for 24 hours. For 1 week, avoid weight training/resistance exercises (including Yoga & weightlifting).
- 5) Avoid swimming and water related activities (pool, spa, hot tub, sauna) for 2 weeks.
- 6) You may soften crusty, sticky or discolored matter from your eyelids and lashes by gently applying a warm washcloth for a few minutes and remove straight off. **Do not rub or wipe eyes.**
- 7) Use the eye shield/tape any time you will be sleeping (naps included) for 1 week.
- 8) Use sunglasses provided by NovaMed for protection any time you are outside (cloudy or sunny) for one week. They are designed to fit over regular glasses (if applicable to you).
- 9) **Call your surgeon immediately if you experience fever, severe pain, nausea, vomiting, drainage, bleeding, or redness/swelling of the operative eye.**
- 10) If applicable to you, starting on the day of your surgery, follow the eye drop instruction sheet given to you.
- 11) You may resume use of eye makeup in 1 week.
- 12) It is normal for your vision to be blurry while the eye is dilated. The eye may remain dilated up to 48 hours after surgery.
- 13) **It is normal to see halos, haze, film or fog over your vision on the day of surgery.**

### POST-OPERATIVE APPOINTMENT

A follow-up appointment with Dr. \_\_\_\_\_ has been made for you  
on \_\_\_\_\_ at \_\_\_\_\_.

**IF YOU HAVE ANY PROBLEMS OR QUESTIONS, PLEASE FEEL FREE TO CALL AT ANY TIME. In case of emergency, contact: (608) 827-7705. Please identify yourself as a surgery patient and give your surgeon's name.**

\_\_\_\_\_  
Signature of person giving instructions

\_\_\_\_\_  
Date & Time

I hereby acknowledge that I have received these discharge instructions and have no other questions. I understand that it is important to follow these instructions.

\_\_\_\_\_  
Signature of patient or authorized person

\_\_\_\_\_  
Date