



## After Eye Surgery

Most patients tolerate eye surgery well. Much of the discomfort occurs within the first 12 to 24 hours, and most patients can resume normal activities the next day.

### These are normal changes you will see immediately after surgery

- You may prefer to keep your eyes closed for 12 to 24 hours after surgery. This is normal. You do not need to force yourself to open your eyes sooner.
- Crusting of the eyelashes upon awakening in the morning is normal for the first few days. You may wipe this away with a clean, warm, washcloth.
- You may have bloody tears for 12 to 24 hours. You may wipe this away with a clean tissue or washcloth
- Expect your eyes to be swollen and red for 4 to 6 weeks. This gradually improves.
- You may be sleepy and in some discomfort after surgery. This may last 12 hours or more. You may use the prescription narcotic Tylenol, Advil or Motrin to help with your discomfort.
- Some patients have post-operative nausea and vomiting. This is often not much of a problem. Usually, we give a medicine during surgery to help prevent this.

### These are rare symptoms. Please page us immediately if you notice any of them.

- persistent fever over 100 degrees Fahrenheit
- extreme irritability or lethargy; you are difficult to rouse
- increasing redness, swelling, tearing, or pain
- persistent discharge from the eyes (crusting of the lashes is normal)

### MEDICATIONS recommended when you are discharged

- Tylenol or ibuprofen every 4 to 6 hours for pain.
- Other medications:

- **ACTIVITY: No exercise or heavy physical activity for \_\_\_\_\_ days.**

- Do not swim for 2 weeks
- You may watch television.
- You may read.
- You may sleep with your head raised on pillows.
- You may bathe as usual. Try to keep water out of your eyes.

■ **EYE PATCH: Keep a patch over \_\_\_\_\_ eye(s)**

- Please leave the patch on this evening. Let us take it off at your next appointment.
- If the patch comes off, tape it back on.
- Keep the patch dry.
- The patch may be blood-stained. This is normal.

■ **Eat and drink as tolerated (unless your anesthesiologist tells you otherwise).**

■ **Your next appointment at the Eye Clinic, in Building 10, 10th floor Clinic**

Date
Time

■ **Other Instructions:**

**Contacts** (Reach the staff members below through the NIH page operator at **301-496-1211**.)

Your Doctor:


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