

# Advanced Eyecare of Orange County

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## **Post Operative Instructions for Intraocular Lens Surgery**

1. You may be up and about the day of surgery.
2. Do not lift anything over 10 pounds for 3 weeks
3. You should sleep on the opposite side that you had surgery or on your back for 1 week.
4. **DO NOT RUB YOUR EYE.**
5. You may take a shower or bath. It is OK to wash your hair, but do not get dirty water in your eyes. If applicable, you may wear mascara, 2 weeks post surgery. The mascara needs to be a new tube.
6. You may read, write and watch television.
7. Do not remove the eye shield until your appointment the next day. Dr. Doan will remove the eye shield.
8. You must wash your hands immediately before cleansing or putting any drops in your eyes.
9. Keep your eye covered at all times using regular glasses, sunglasses or an eye shield. Always wear the eye shield at night or when napping. This is necessary for 1-2 weeks.
10. You will use eye wash and sterile cotton balls to clean your eye. Start from the inside corner by your nose, to the outside corner. Press on the bony parts, not the eyeball. Cleansing is usually necessary in the morning.
11. You need to bend at the knees, not at the waist.
12. Tylenol may be used for discomfort as needed.
13. Post operative medications:

VIGAMOX	One drop into operated eye 4 times a day
Prednisolone	One drop into operated eye 4 times a day
Acular LS	One drop into operated eye 4 times a day
14. You may resume any medications you were taking from other doctors as directed.
15. You need to bring all eye drops to the office on your first post operative visit.
16. In the event of unusual pain, unusual discharge or marked change in vision, please call Dr. DOAN immediately and report these symptoms.

**POST OPERATIVE APPOINTMENT**    DATE \_\_\_/\_\_\_/\_\_\_    TIME \_\_\_:\_\_\_\_\_