

TYPICAL Post-Op SYMPTOMS: You may notice...

Blurry or Hazy Vision for the first several days, but fluctuating vision may last for a couple weeks.
A foreign body or scratchy sensation in the eye for several weeks. (use Artificial Tears often for relief)

ACTIVITIES TO AVOID:

Avoid activities such as Yoga and weight training for 1 week
Avoid contact sports for 1-2 weeks
Avoid dusty/dirty environments - wear protective eye wear if you must be around dust/dirt
No eye make-up for at least 1 week (being careful not to rub eye when removing make-up for 4 weeks)
No swimming and Avoid splashing water into eye for 2 weeks

PRECAUTIONS:

Wear Eye Shield at bedtime for 1 (one) week
Take a shower or bath, but cautiously wash your eyelids — no splashing
Wear sunglasses if light sensitive
Wear eye protection when needed

APPROVED ACTIVITIES: You may...

Sleep on either side, but use the eye shield for the first week after surgery
Watch TV, read, or work on computer, etc
Perform most household activities, but minimize "STRAINING" for 1 week
Participate in most exercise routines, except avoid straining to lift/bend for 1 week
Have your hair styled at barber/beauty shop (being careful not to get hair or hair product in eyes)

CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:

SEVERE PAIN
SIGNIFICANT REDNESS
INCREASED FLOATERS OR FLASHES OF LIGHT - like lightning streaks or flash bulb
SUDDEN LOSS OF VISION
SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

STOW LOCATION
330.928.0201

KENT LOCATION
330.678.0201

AKRON LOCATION
330.836.8545

AFTER HOURS:
330.475.7385

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DRIVING:

You will NOT be allowed to drive home from the Surgery Center—please make arrangements.
We ask that you do NOT drive until you discuss with your doctor at your one day post op visit.
If your doctor indicates that you are "legal to drive", we ask that you please use YOUR best, safest judgment on whether you are safe to drive.