

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

Blurry or hazy vision for the first several days, but blurry vision may last for a couple weeks.

A foreign body or scratchy sensation in the eye for weeks to months (use Artificial Tears periodically 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 makeup for at least 1 week (being careful not to rub eyes hard when removing make-up for 4 weeks)

No swimming and avoid splashing water directly 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 (one) week

Participate in most exercise routines, except avoid straining to lift/bend for 1 (one) 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 lighting streaks or flash bulb)

SUDDEN LOSS OF VISION or NEW DOUBLE VISION

SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

Office Numbers

Kent/Stow/Akron : 330.678.0201 Medina/Wadsworth: 330.722.8300

Canton/North Canton: 330.966.111 After Hours Number: 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 during post op phone call the day after surgery

If your doctor indicates that you are "legal to drive", we ask that you:

- 1) Limit driving to day-time only and familiar areas for at least the first several days
- 2) Please use YOUR best, safest judgement on whether you are safe to drive.