

# COLUMBIA EYE CLINIC

Dr. R. Mitchell Newman, MD

## STARTING ONE DAY AFTER SURGERY

1. In general people heal gradually after surgery and eye surgery is no different. Your eye will feel a little scratchy, itchy, and be a little blurry and red for a few days after surgery, fluctuating and gradually improving over a week or so. However, you should have very little pain after surgery. If you experience severe pain, please call us.
2. If you notice a little extra mucus in your eye or crustiness along your lashes, you may gently clean your eye with a clean washcloth. (Only if needed)
3. You should wear a plastic shield over your eye at bedtime or at naptime for one week after surgery.
4. You will be given a pair of sunglasses after surgery to wear outdoors if the glare bothers you.
5. You may take any pain medication that you normally take for minor aches and pains (Aspirin, Tylenol, Advil) if needed.
6. Use the following drops: (you will be given a specific instruction sheet).
  - a. **Prednisolone** (Pink Top)  
One drop 4 times a day for 2 weeks, and then as instructed. Shake Well.
  - b. **Vigamox** (tan top)  
One drop 3 times a day for 1 week.
  - c. **Prolensa** (gray top)  
One drop 1 time a day for two weeks, or as instructed.

### You May:

1. Bend, stoop over, walk up and down stairs, and lift light objects (nothing over 15 pounds)
2. Watch TV, read, sew, or do close work as usual.
3. Ride in a car, go to church, dine out.
4. Take baths or showers as long as you do not get any water in the operative eye.
5. You may go to the beauty salon when you desire or wash your hair after the first day, remembering not to get water into your eye.
6. You may wear eye makeup after 10 days.

***Don't rub your eye, keep it clean, and use your drops.***

**IF YOU SHOULD NOTICE SIGNIFICANT PAIN, A SUDDEN CHANGE IN YOUR VISION, OR HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CALL. ONE OF OUR DOCTORS IS ON CALL 24 HOURS A DAY IF YOU NEED SOMEONE. CALL 779-3070 OR 1-800-922-6057.**