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## Instructions After Surgery

1. Keep the patch on the operated eye for about 2 hours, then remove and discard. Your vision will be blurry, this is normal. If the patch is covered by a plastic shield, keep the shield. The shield is to be used at bedtime for the first night or two to minimize eye rubbing during sleep. (No patch is required beneath the shield.)
2. It is okay to use your eye. Keep in mind that the vision will fluctuate for the first few days. The clarity normally improves by the next day.
3. A scratchy or foreign body sensation is normal for the first few days. If you have discomfort, Tylenol is okay to use. Also, redness of the eye is normal.
4. Upon removing the patch, begin using your eye drops: the steroid-antibiotic (Tobradex). It is to be used four times a day (breakfast, lunch, dinner and bedtime) for 7 to 14 days. The other eye drop to use is a non-steroidal (NSAID). Use this as directed (typically, also four times a day).
5. Continue using all of your other medications, both oral and eye drops (such as for glaucoma), unless otherwise instructed. Remember to allow at least 5 minutes between eye drops used in the same eye.
6. Avoid heavy lifting during the week following your eye surgery. Heavy lifting refers to anything heavier than 40 pounds. Stooping or bending over is safe as long as no significant weight is lifted.
7. Avoid swimming, mascara, and dirty environments (like cleaning your garage or digging in your garden) for the first two weeks. Aside from these restrictions, other activities are permitted.
8. Your normal post-operative visits are 1 day, 1 week and 1 month after surgery. The exact time will be given to you before surgery, but often the first post-op day is the next morning at 9:30 AM. However, for any changes in your vision, especially if associated with pain, please call our office to see if an additional visit is necessary.
9. Refraction for new glasses will not be done until after one month. The reason for the wait is to allow the eye to properly heal. During the healing process, the prescription can vary dramatically, so it is best to delay prescribing glasses until your eye is optically stable.