



INSTRUCTIONS FOR EYE PATIENTS AFTER LEAVING THE HOSPITAL

1. You will have an eye pad and plastic shield taped over your eye for the first night after your operation. The next day it will be removed so your doctor can look at your eye. You will then be instructed on how to use the eye drops.
2. Use the eye drops / medication as directed. **DO NOT** stop these without medical advice. Please see attached sheet on “How to use eye drops/ointment.”
3. You may take Paracetamol (Panadol/ Panamax / Dymadon) or Panadeine for any pain you may have after the operation. **DO NOT** take aspirin, however if you take aspirin for other medical conditions (prevention of clots) talk to your doctor before taking aspirin after eye surgery.
4. **DO NOT** press or rub you eyes.
5. You can participate in activities such as reading, showering, watching TV. **AVOID** heavy physical activity for at least 3 weeks. You **MUST NOT** drive or resume sport until your doctor says it is safe to do so.
6. Put drops in your eye, as instructed by the doctors and nursing staff. (Refer to the sheet “How to use eye drops/ointment”). Leave five minutes between drops for maximum effect. Gently wipe your eyelids with a clean tissue dipped in cooled boiled water or saline solution, from the inner to the outer side of the eye (ie from the part of the eye near the nose, to the part of the eye near the cheek bone). Repeat with a clean tissue if required.
7. You must wear your eye shield when you go to bed to protect your eye from being bumped or rubbed while you are sleeping.

