

In order to ensure your best possible results, please follow the instructions below.

## Surgery Day

- Bring a driver on the day of surgery.
- Eat a light breakfast.
- Make sure all medications are picked up from pharmacy and bring them with you.
- Take all normal medications unless otherwise directed by your physician.

## Activity Restrictions After Surgery

- You may watch TV, read or go for walks if you feel up to it.
- Avoid saunas and hot tubs for at least 2 weeks. Be careful not to get soap into your eyes while showering for at least 1 week.
- Avoid straining or heavy lifting for at least 1 week or until your surgeon tells you it is safe to do so.
- Do not participate in strenuous activities or rough contact sports for at least 2 weeks or until your surgeon tells you it is safe to do so. Refrain from shooting, ATV riding, mowing the yard and shoveling snow for 2 weeks.
- Avoid hard repetitive motions like chopping wood or swinging a golf club for at least 2 weeks or as specified by your surgeon, especially if you have a Toric IOL implant.
- Avoid rubbing or bumping your eye for at least 2 weeks. Protective eyewear can be worn at night if needed.
- Avoid wearing eye makeup for at least 1 week following surgery.

## Post-Procedure Medications

- Fill your prescriptions for the postoperative eye drops and take them as directed by your surgeon.
- You may use artificial tears (e.g. Refresh, Systane) as often as needed to reduce scratchiness. Make sure to wait 5 minutes after using your prescription eye drops before using artificial tears.
- The office may have copay cards for non-Medicare patients available to assist with the cost of one of the postoperative eye drops.

## After the Procedure

Your vision will be blurry and that is normal. The cornea will be swollen so your vision may fluctuate, but it should improve over the next week or so. You might notice redness on the whites of your eye and that is normal; this also should dissipate over the next week. Scratchiness after the procedure can be expected so use your artificial tears as often as needed but be sure to wait five minutes after taking your medicated eye drops.

If you notice any pain, feel free to take any over-the-counter pain medication.

## Call our office if you experience any of the following:

- Sudden vision changes
- Black stringy floaters and debris floating in your field of vision or flashes of light
- Headaches, nausea, and/or pain not relieved by over-the-counter pain medication

If you have questions or concerns call ClearView Eye Clinic at **866-770-2020** during normal business hours.

After hours, call Gritman Medical Center at **208-883-5003** and request your surgeon be paged.