

Santa Monica Eye Medical Group SK Post-Operative Instructions

1. Remain quiet the evening of surgery. Increase activity that evening as your comfort and vision allows.
2. Particular precautions:
 - You must not attempt to drive until after the 1 day post-op appointment. Patients typically do not feel comfortable driving until at least 3 to 4 days following the procedure, sometimes up to 1 week. You may return to work and/or drive when you are confident with your vision and your comfort allows. Remember, your vision may fluctuate significantly for the first several weeks and less so for the first month. Use good judgment.
 - Do not wear make-up or apply lotions, hairspray, or aftershave for 4 days. Then be very gentle in applying and removing your make-up.
 - Wear your shield while napping or sleeping for 1 week following surgery.
 - No traveling out of town for 1 week after surgery.
 - Avoid direct water in your eyes for 1 week. You may bathe or shower with caution after your 1 day post-op appointment.
 - No swimming for 2 weeks after surgery.
 - Resume other sports or activities using caution to prevent getting hit or bumped in the eye. Protective eyewear is helpful during sports to avoid eye trauma.
 - **DO NOT rub eyes for 3 months.**
 - Wear sunglasses for 6 months post surgery when outdoors to protect from sunlight.
3. You will experience light sensitivity and/or glare around bright lights, which will improve.
4. It is normal to experience excessive tearing and eye irritation which can be severe on the day of surgery and possibly for several days afterwards. Over the counter medication may be taken to relieve discomfort.
5. Some patients may experience eyelid swelling on the first day after surgery. The doctor may prescribe some oral medications to help reduce the swelling. You can also use icepacks over the affected eye to reduce swelling.
6. **Medications:** *It is important to follow the instructions below exactly.* Any prescription medication may have severe side effects if used other than prescribed. **For each dose, dispense one drop in each eye that underwent surgery. Wait 5 minutes between each different medication. Drops may sting for a few seconds. DO NOT squeeze eyes.**

Zymaxid (antibiotic) TAN TOP

1 drop 4 times a day for one week.

FML (anti-inflammatory) PINK TOP

1 drop 4 times a day for one week then,
1 drop 2 times a day for the one week then,
1 drop 1 time a day for the one week, then stop.

**Preservative Free artificial tears
(Systane PF or Optive)**

1 drop 4 times a day for a month (available over the counter)

Vitamin C 1000mg

Daily for 3 months

7. During the healing phase, it is normal to experience dryness in your eyes after surgery. Dryness can persist for many months following surgery. Use Systane Drops PF (Preservative Free) or Optive at least 4 times a day for the first several months.
8. A bandage contact lens was placed in your eye to promote healing. It will remain on the treated eye until the doctor removes it. If the bandage contact lens falls out, throw it away, and do not attempt to place it back on the eye.

If you have a concern, please call the office at **(310) 829-5475**.