

IOL POST-OPERATIVE INSTRUCTIONS

- **Do not operate a motor vehicle for 24 hours. Ask the nurse/technician the day after surgery if you are legal to drive.**
- **Do not be concerned by your vision on the day of surgery – it is likely to be very blurry, distorted and you may see colors (typically red) from the microscope light.**
- **Do not bend past your waist/lift more than 20 pounds after your surgery for 5 days.**
- **Use the eye shield at night for 5 nights to protect your eye. You may tape the shield on your face with the tape provided. No gauze need be placed under the shield.**
- **Use a warm washcloth to wash discharge from the eyelid as necessary. Do not put pressure on the eye.**
- **Sunglasses are provided for your convenience - use them if you feel light sensitive.**
- **Stinging, burning or a moderate amount of irritation is normal. Call your doctor if you have severe pain that does not improve with Tylenol or Advil.**
- **You may be up and around the day of surgery.**
- **Do not rub your eye.**
- **Normal activities including reading, writing, TV, and light walking are permitted starting on the day of surgery, if you feel up to it.**
- **Sexual activity, golfing, bowling, swimming, dancing, and heavy exercise after five days, unless otherwise instructed.**
- **You may take a shower or bath starting the day after surgery. Keep your eyes closed in the shower for one week.**
- **Artificial tears may be used up to 4 times a day if the eye feels irritated.**

Should you *not* have Dropless, please follow these instructions for your medicated drops.

Besivance or Ofloxacin: 1 drop 3 times per day 1 for week

Prolensa: 1 drop per day for 1 month *OR* Diclofenac: 1 drop 3 times per day for 1 month

Lotemax Gel or Prednisolone Acctate: 1 drop 3 times per day for 1 week

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