

Name: _____

When you go home:

- Make sure you have your prescription filled at the drug store
- Do not remove the eye pad
- You may have some pain when the freezing wears off
- Take the pain medicine that the doctor has prescribed for you
- Be sure to wear your eye patch at night to protect your eye

When you see the doctor:

- Your doctor will remove the eye pad and examine your eye
- Ask the doctor when you can drive and return to work
- You will be given another doctors visit in 5 to 7 days

After you see your doctor:

- Do not do any strenuous activities
- You may bath, shower, shave, wash your hair or go to the hairdresser
- Take care not to bump, scratch or touch your eye
- You may use your glasses to read, watch TV
- The prescription for your glasses may need to be changed in 6 to 8 weeks

The first 2 weeks after surgery:

- It is normal to have some discomfort or blurred vision

Call your doctor or go to the emergency if the:

Pain is bad and your pain medicine does not help Blurred vision increases Redness or swelling of the eye increases
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6 to 8 weeks after your surgery:

- Your doctor may ask you to change your prescription glasses

Follow these directions carefully:

Eye drops:

- Wash and dry your hands
- Shake the bottle and remove the cap
- Do not touch the bottle tip with your hands
- Do not let the bottle tip touch your eye
- Lean back in a chair or lie down
- Look up and use your middle finger to pull your bottom eyelid down
- If you think you may have missed your eye use a second drop
- Close your eye for 1 minute
- Repeat the steps for any other drops that you may have

Implant card:

- Keep your implant card with your important papers if you had an implant put in your eye

Questions or Concerns:

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

In an Emergency: Call 911 or go to the hospital emergency room