



OMNI EYE SPECIALISTS

A Madison Street Company®

Proudly Owned by Employees

Specializing in Medical and Surgical Care of the Eye

55 Madison St, Suite 355 · Denver · CO · 80206

303-377-2020 · 800-GO-2-OMNI

www.omnieye.com

WHAT TO DO THE FIRST 24 HOURS AFTER SURGERY

PAIN: It is not unusual to have some discomfort after surgery. You may experience a sandy or mild gritty sensation in the operative eye for the first 24 hours. For most patients, two (2) Tylenol every 3-4 hours is all that is needed. For others, Tylenol may not be enough. You have been given a prescription for pain medication, **ULTRAM**, if you feel regular Tylenol is not enough. You may take one (1) prescription tablet every 3-4 hours, after a small snack or meal, as needed. Try not to take the prescribed medicine unless needed, since it may cause some nausea.

NAUSEA: Occasionally patients experience nausea, typically after they have taken the pain medicine. If you vomit and the nausea does not stop within 4-6 hours after stopping the medicine, your doctor should be notified at 303-377-2020 or 1-800-462-6664.

ACTIVITY: It is not unusual for you to feel sleepy and tired for the first day or so after surgery. If you feel up to it, you can go out to a movie, eat at a restaurant, ride in a car, watch T.V., read or do anything you desire as long as it is **NOT PHYSICALLY STRENUOUS**. Activities like jogging, jumping or lifting objects heavier than 25 lbs. should be avoided. In the first 24 hour period, do not bend over, although you usually will be allowed to bend after you have been seen the day after surgery.

DIET: You can eat as much or as little as you can tolerate. If, however, you had general anesthesia you should only have clear liquids for the first 4 hours and then light foods for the next 4 hours. After this period, you can eat what you like.

Dr. Amiel's patients. If you have a:

SHIELD ONLY:

Please wear the eye shield at all times for the first 24 hours, even when going to bed. Only remove it when instilling drops. Start using Zymar and Pred Forte four hours after surgery. Use one drop of each four times a day. Make sure not to put any pressure on the eye whatsoever when instilling the drops, and never rub the eye. Please wait 5 minutes between drops, and remember to shake the Pred Forte well prior to use. You will be instructed if other medication is needed.

SHIELD AND PATCH:

Do not remove the eye patch as instructed by your doctor. Please keep your eye closed beneath the patch at all times. You can sleep on the operative side as long as the patch is properly in place.

Dr. Belen's patients. If you have a:

SHIELD AND PATCH:

Remove the plastic shield and gauze patch eight hours after surgery. Instill one drop each of Zymar, Pred Forte, and possibly Acular LS (if diabetic). Please wait 5 minutes between drops, and remember to shake the Pred Forte bottle well prior to use. Replace the plastic eye shield (without gauze patch) over the operated eye using two pieces of tape spanning from your forehead to your cheek. Instill all drops once in the afternoon, again at dinner, and before bedtime. Sleep with the plastic eye shield taped over the operated eye and leave the shield on at all times except when instilling drops. The day following surgery, you will begin using all drops four times a day – at breakfast, lunch, dinner, and bedtime.

Dr Spencer's patients. If you have a:

SHIELD ONLY:

Please wear the eye shield at all times for the first 24 hours, even when going to bed. Only remove it when instilling drops. Start using Zymar and Pred Forte four hours after surgery. Use one drop of each four times a day. Make sure not to put any pressure on the eye whatsoever when instilling the drops, and never rub the eye. Please wait 5 minutes between drops, and remember to shake the Pred Forte well prior to use. You will be instructed if other medication is needed.

Dr. Wang's patients. If you have a:

SHIELD AND PATCH: Do not remove the eye patch as instructed by your doctor. Please keep your eye closed beneath the patch at all times. You can sleep on the operative side as long as the patch is properly in place.

You will be seen _____ at _____ am/pm at the office of Dr. _____.

Please insure you have transportation arranged for this appointment, PRIOR to your surgery. This appointment is VERY important and cannot be missed!!

Should you have any questions, please call OMNI, day or night at 303-377-2020.

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