



Guidelines following eye procedures

Eye Dressing

- If you have an eye dressing DO NOT TOUCH it until instructed to do so.
- If you have an eye shield wear as instructed.
- Eye shields can be washed with warm water and soap as needed.

Medications

- Resume all other medications as soon as you get home.
- Pain in the first 5 days may be relieved with medication. Acetaminophen is preferable to A.S.A. (acetylsalicylic acid) or anti-inflammatories unless you have allergies.
- If you become constipated use a mild laxative.
- If you are using more than 1 eye drop always wait 3 – 5 minutes between each drop.
- If you are using eye drops and eye ointment always use the drops first.

Vision

- You may feel like there is “something in your eye.” This is normal. DO NOT rub or touch your eye.
- Your eye may tear or water - this is normal. Wipe your eye gently using a clean tissue.
- You may be sensitive to bright lights, wearing sunglasses or clip-ons may be helpful.

Activities

- Avoid environments where dust or dirt is blowing or where other eye irritants such as smoke may be present.
- Increase daily activities as the comfort of your eye permits. Rest your eye often.
- You may read, watch TV or do computer work with MODERATION.
- Gently wash around the eye with a clean washcloth and warm water – you may shower.
- Do not get soap or shampoo in your eye for 5 days.
- Avoid lifting anything over 10 pounds.
- Sunglasses/glasses with UVA or UVB filters should be worn outdoors.
- If you have an eye shield, tape it over your eye at night, remove in the morning.

Follow up

- Please bring all your eye medications to your next eye doctor's appointment
- Discuss with your doctor when you may:
 - Resume driving
 - Resume heavy physical work such as shoveling snow or digging in the garden
 - Resume playing sports, exercising or lifting weights
 - Stop wearing your eye shield at bedtime
 - Wear eye make-up
 - Lift anything over 10 pounds
 - Resume swimming
 - Resume sexual activity

CALL THE EYE DOCTOR IF YOU HAVE:

- Severe eye pain not relieved by acetaminophen.
- Increased redness or swelling of the eye or lining of the eye.
- Any green or pus-like drainage from the eye.
- A sudden change in your vision.

If you are unable to reach the eye doctor, please return to Misericordia Health Centre, which is open 24/7 for emergency eye care. Enter at the 99 Cornish Avenue entrance and present at patient registration. If you live outside Winnipeg, please visit the nearest health centre.