



THINGS TO KEEP IN MIND

The following is a guide of what is safe, and not safe to do after the *first month of surgery, unless advised otherwise:*

1. Medication	ENSURE to use your prescribed eye-drops as directed by Dr Glasson, for the duration advised.
2. Eye Hygiene	<ul style="list-style-type: none"> ▪ Without putting excessive pressure on the eyes, gently clean eyelids/lashes daily to avoid buildup of debris. ▪ AVOID soap or shampoo into the eye. ▪ Leave the eye-shield in place for the first night after surgery.
3. Make-up	AVOID make-up for 1 week following surgery.
4. Returning to Activities	<ul style="list-style-type: none"> ▪ Continue to read, watch TV, walking, light exercise, and light routine daily activities without concern ▪ AVOID touching, rubbing, or any bumping of the eye ▪ AVOID sustained bending, strenuous activity, or lifting of heavy objects ▪ AVOID swimming ▪ AVOID any sport where your eye might be knocked ▪ AVOID sleeping on the side of your operated eye for 1 week
5. Driving	DO NOT drive until instructed by Dr Glasson.
6. New glasses	Wait till after your 1-month post-op appt before visiting your optometrist for new glasses.

IMPORTANT

You should NOT experience any pain beyond some mild irritation or discomfort. Panadol or Panamax should be all that is necessary to ease your symptoms.

Contact Dr Glasson to make an appointment immediately if you experience:

- Severe onset of pain or headache
- Sudden change in vision
- Increase in redness or discharge
- Sudden onset of new flashes of light, black spots/floaters, or an immovable veil/shadow

It is imperative you attend all your post-operative appointments with Dr Glasson following your operation. These appointments will either be at the Terrace Eye Centre, or the Oxford Eye Centre: both 1-day, and 1-month following your operation.

The exact date and time for your post-operative appointments will be allocated by Dr Glasson's secretary.