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What to expect after surgery...

- **EYE PROTECTION:** Wear the shield at night for the first week following surgery. Be careful not to bump or rub your eye for the first few weeks. You may wear your old glasses for protection if they still work. Sunglasses are included in the post-op kit and can be worn over your regular glasses on bright days if your eye is light sensitive but are not required.
- **VISION:** Your vision will vary for the first few weeks following surgery. Your current glasses will be blurry until your prescription can be changed. This is usually done about 2 to 3 weeks after surgery. Drug store readers (available at the upstairs optical center) may work well for the interim.
- **ACTIVITIES:** Avoid any heavy lifting over 15 pounds or strenuous activities for the first week following surgery. Walking, most normal light activity, and light housework are all okay. Limit bending over as it puts pressure on your eye. You may return to work any time if it does not require heavy lifting. Ok to resume:
 - **tennis, golf, yard work or shoveling snow** after one week,
 - **running, jogging, swimming or hot tub** after two weeks,
 - **snorkeling or scuba diving** after one month.
- **DRIVING:** If your vision in the other eye is good enough, you may resume driving as soon as you feel comfortable. If the other eye has poor vision, you will need to wait until the vision in the operative eye is better.
- **TRAVELING:** There are no restrictions on flying but we ask that you remain in the area for the first week after surgery.
- **WASHING:** Do not wash your hair for 24 hours after surgery. After that you may wash your face or hair. Do not rub your eyes or use soap around your eyes. Close your eyes when rinsing to avoid getting water or soap in them. Do not use eye makeup for one week after surgery.
- **FOLLOW UP VISITS:** You will need to return for post-op checks during the first few weeks following surgery. Your doctor will schedule these depending on your healing.
- **EMERGENCY:** Call North Idaho Eye Institute, **208-667-2531**, day or night for any problems. Symptoms to call for may include: decreased vision, pain, eyelid swelling, excessive mattering, or increased redness.