

IOL POST-SURGERY ACTIVITY SCHEDULE

Congratulations on completing your intraocular lens procedure!

To ensure a smooth recovery, it is important to carefully follow these post-operative instructions. Your post-operative appointments (both in-person and virtual) are very important to assess the healing of your eyes. Please ensure you attend each appointment.

In the first two weeks following an intraocular lens procedure, it is recommended to avoid rubbing your eyes as much as possible and wash your hands frequently. If you need to clean the area around your eyes, do not rub them. Instead, you can use a clean, soft, and damp facecloth or sponge. Always use a new facial tissue or facecloth, never the same one all day.

Recovery after eye surgery varies from person-to-person and from eye-to-eye. It depends on the health of your eye, your age, and the difficulty of the surgery. Typically, vision is greatly improved immediately after surgery, and you can return to work within one week after the procedure as soon as you are comfortable and see well enough to function. If you work in a dirty or dusty environment, it is recommended to take 1 week off work to ensure proper healing.



THE DAY OF SURGERY:

Some patients like to have a friend or family member nearby to assist them in the first few hours following surgery. It is important to avoid activities in which your eye may be poked, rubbed, or touched. Be sure to use your drops as recommended. You may also use lubricating drops as needed for your comfort in between your medicated eye drops.

- It is normal for your eye to be red and irritated until it heals.
- Your vision may not be clear. This can last several days or weeks depending on how fast your eye heals.
- You may see flickering, a shadow, or a dark bar on the side of your vision. This is normal and may differ from one eye to the other.
- You may experience mild irritation or itching for several days or weeks after surgery. This is also normal. You can use lubricating drops (artificial tears) if this occurs.
- We recommend you go directly home and take a nap to rest your eyes. Before going to sleep, apply your eye drops as directed.



Eye protection: You should wear sunglasses outside if your eyes are sensitive to bright lights after surgery and to protect them from wind and dust. Unless requested by your surgeon, eye protection is not required when you sleep, and you can sleep on either side.

Prescription glasses: Depending on the type of surgery and lens implant you receive, you may or may not require glasses for certain activities (such as computer work or reading). Your glasses prescription will need to be changed after your eyes have healed (approximately 4-6 weeks). Do not buy new glasses until instructed. In the meantime, if you see better with your glasses on, wear them. If you are uncomfortable, or see better with your glasses off, do not wear them.

Should you have restrictions on your driver's licence that requires you to wear glasses or contacts, you may wish to have this restriction removed. Please visit your local registry office after your surgical procedure has been completed for more information on the provincial regulations for removing this restriction.

Patients must advise LASIK MD of any infections, appointments and/or admission to a hospital that have occurred within the first 30 days following their surgery at our facility.

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Follow these instructions on the **day of your surgery** and for **1 week after your surgery** (unless otherwise specified)

YOU MAY	PLEASE DON'T
- Shower and wash your hair with your head leaning back and your eyes closed. - Bend over to lift normal objects or put on your shoes. - Read, use a television, computer, tablet or phone, prepare meals and do housework. If you feel fatigue, pressure, or strain in your eyes, stop the activity and rest your eyes. - Eat and drink normally, including tea, coffee, and alcohol in moderation. - Sleep in any position that you wish. - Apply facial makeup (no eye liner or mascara). - Go outside (even in the cold). - Resume driving after 24 hours and once your vision is adequate to safely operate a vehicle. If you have concerns with your vision, please contact the clinic to schedule an appointment before driving.	- Strain or lift very heavy objects (50lbs). Regular activities that require bending are allowed. - Rub your eyes firmly. - Touch your eyes with dirty hands or dirty towels. - Work in a dirty or dusty environment (such as the garden or construction site). - Engage in strenuous exercises or sports that risk injury to your eyes. - Wear eye liner or mascara. - Swim with your head underwater for the first 2 weeks - Travel out of country for the first week following surgery unless your surgeon has pre-approved it. This is in the event that you require post-operative assistance. - Drive or operate hazardous machinery for the first 24 hours following surgery (even if only one eye has been treated).

ACTIVITIES	2 DAYS	7 DAYS	2 WEEKS
- You may return to office work after 2 days and when you feel comfortable. - Light exercise (such as using a treadmill, stairmaster, or stationary bike). - Play gently with babies and toddlers (be careful not to get poked in the eye). - Golfing.	✓		
- Applying eye makeup. - Sun tanning and using tanning beds (please wear eye protection). - Using a sauna and steam room. - Jogging. - Casual bicycling (no off-road mountain biking).	X	✓	
- Outdoor activities, such as rollerblading, horseback riding, boating, sailing. - Water activities, such as swimming, scuba diving, snorkeling, waterslides, water skiing, windsurfing, surfing and kayaking. - Racquet sports, such as tennis, squash, racquetball, badminton. - Hockey, basketball, baseball, football, and soccer. - Schedule dental work, massage, chiropractic work or facial muscle relaxants injections around the eyes or forehead. - Cosmetic enhancements, like waxing your eyebrows and dyeing your hair with eyes closed. - Martial arts and boxing. - Dirt biking, mountain biking, motorcycling and snowmobiling. - Skiing and snowboarding.	X	X	✓