



DISCHARGE INSTRUCTIONS

These are general discharge instructions for surgeries performed at the Eye Surgery Center of Michigan. A member of our nursing staff will review specific discharge instructions for your surgery prior to your discharge and provide you with a copy the day of your surgery.

1. ANESTHESIA AND SEDATION

- Do not drive or operate machinery for at least twelve hours. Do not do any driving until approved by your doctor.
- Do not consume alcohol, tranquilizers, sleeping medications, or any non-prescribed medication for 24 hours.
- Do not make important decisions or sign any important papers in the next 24 hours.

2. ACTIVITY

- You may resume normal activity today, including walking and climbing stairs. Do not engage in strenuous activity such as jogging, swimming, or lifting objects over 10 pounds and no bending.
- Do not return to work today.
- You may resume normal bathing procedures, including shower, bath and shampoo avoiding the eyes.
- Do not sleep on operative side.
- Wear the eye shield provided for protection as directed by your surgeon.
- Wear your glasses or sun glasses for protection as needed.
- Do not rub your eye.

3. FLUIDS AND DIET

- Resume a regular diet as tolerated

4. MEDICATIONS

- You may resume your daily prescription medication schedule. Please refer to the Medication Reconciliation form.
- Use regular or extra strength Tylenol or aspirin today as necessary.
- Specific instructions will be provided on eye drops prior to discharge.

5. OPERATIVE SITE

- Specific instruction will be provided on care of the surgical site prior to discharge.

6. FOLLOW-UP PLAN OF CARE

- Your follow up appointment with your doctor will be provided to you prior to discharge.

Call your surgeon if you have any problem that concerns you. After office hours, you can reach your physician through his answering service. If you need immediate attention, go to the nearest emergency center or call 911.

A follow-up call will be attempted by a recovery room nurse 24-48 hours to check on your progress. If you have any questions, call your doctor.