

Laser Eye Procedure Instructions

CES Medical - Pre- and Post-Surgery Guidelines

These instructions apply to various eye procedures. Your surgeon will provide specific instructions that may differ from these general guidelines.

Pre-Surgery Instructions

One Week Before Surgery

Medical Preparation:

- Inform us of any changes in your health or medications
- If you take blood-thinning medications, confirm with your surgeon whether to continue
- Stop smoking if possible - it can delay healing
- Arrange for transportation to and from surgery
- Arrange for help at home for the first 24-48 hours

Medication Review:

- Bring a complete list of all medications, vitamins, and supplements
- Continue regular medications unless specifically instructed otherwise
- Ask about any over-the-counter medications you're considering

Health Precautions:

- Avoid people with colds or infections
- If you develop any illness, contact us immediately
- Maintain good nutrition and hydration

24-48 Hours Before Surgery

Personal Care:

- Stop using eye makeup and remove all traces of previous makeup
- Avoid using face creams or lotions around the eye area
- Consider washing your hair (you may not be able to for several days)

Prescribed Medications:

- Begin any prescribed pre-operative eye drops as instructed
- Take any prescribed pre-operative medications
- Set reminders to ensure you don't miss doses

Final Preparations:

- Confirm surgery time and location
- Prepare comfortable clothing for surgery day
- Review post-operative instructions

Day of Surgery

Morning Routine:

- Shower if desired (may be your last for a few days)
- Do not wear makeup, perfume, or cologne
- Wear comfortable, loose-fitting clothes
- Eat according to your surgeon's instructions

What to Bring:

- Photo identification and insurance cards
- Complete medication list
- Sunglasses for after surgery
- Your designated driver

Arrival:

- Arrive at the specified time
- Check in at reception
- Be prepared for pre-operative procedures and waiting time

Post-Surgery Instructions

Immediate Post-Surgery (First 24 Hours)

Eye Protection:

- Wear protective eyewear as instructed
- Do not remove bandages or shields without permission
- Avoid touching or rubbing your eye

Activity Restrictions:

- Rest with your head elevated
- Avoid bending over or lifting heavy objects
- No driving until cleared by your surgeon
- Limit reading and screen time initially

Medication Management:

- Begin prescribed eye drops exactly as instructed
- Take pain medication as needed and prescribed
- Continue regular medications unless told otherwise

What to Expect:

- Some discomfort, tearing, or light sensitivity is normal
- Vision may be blurry initially
- Some swelling or bruising around the eye is expected

First Week After Surgery

Eye Drop Administration:

- Wash hands thoroughly before applying drops
- Follow the prescribed schedule exactly
- Do not skip doses
- Use proper technique to avoid contamination

Activity Guidelines:

Permitted Activities:

- Light reading and TV watching as comfort allows
- Gentle walking
- Normal diet unless restricted
- Careful face washing (avoid eye area)

Restricted Activities:

- No swimming or hot tubs
- No heavy lifting (over pounds)
- No strenuous exercise
- No eye makeup
- No rubbing or touching the eye
- No driving until cleared

Sleep and Rest:

- Sleep with head elevated
- Use protective eyewear while sleeping if instructed
- Get adequate rest to promote healing

Follow-Up Care

Scheduled Appointments:

- Attend all follow-up appointments
- Bring your medications to each visit
- Prepare questions about your recovery

Monitoring Your Progress:

- Keep a log of your symptoms and concerns
- Note any changes in vision or comfort
- Track your medication usage

Specific Procedure Guidelines

Retinal Surgery

Additional Restrictions:

- May require face-down positioning for extended periods
- Air or gas bubble may be injected - no air travel until cleared
- Vision recovery may take weeks to months

Glaucoma Surgery

Special Considerations:

- Eye pressure monitoring is critical
- Multiple types of eye drops may be prescribed
- Activity restrictions may be longer-term

Corneal Procedures

Specific Care:

- Corneal healing can be slower
- Light sensitivity may be more pronounced
- Protective contact lens may be placed

Oculoplastic Surgery

Recovery Notes:

- Swelling and bruising around the eye is expected
- Cold compresses may be recommended
- Sutures may need removal at follow-up

Warning Signs - Seek Immediate Care

Contact us immediately if you experience:

- Severe, increasing eye pain
- Sudden vision loss or significant vision changes
- Heavy bleeding or discharge
- Signs of infection (fever, increased redness, pus)
- Nausea and vomiting (may indicate increased eye pressure)
- Flashing lights or new floaters
- Any symptom that concerns you

Emergency Contacts:

- Office Hours: 01732 700 00
- After Hours: [Emergency number]
- Severe Emergency: Call 999 or go to A&E

Recovery Timeline

Week 1:

- Focus on rest and following instructions
- Gradual improvement in comfort
- First follow-up appointment

Week 2-4:

- Continued healing and vision improvement
- Possible return to normal activities
- Ongoing follow-up care

Month 1-3:

- Stabilization of vision
 - Final healing phases
 - Long-term care planning
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Tips for Successful Recovery

Medication Compliance:

- Set alarms for eye drop schedules
- Keep a medication log
- Don't run out of prescribed drops

Comfort Measures:

- Use artificial tears if recommended
- Apply cold compresses as directed
- Wear sunglasses outdoors

Activity Modification:

- Gradually increase activity as permitted
- Listen to your body
- Don't rush back to normal activities

Communication:

- Keep all appointments
- Call with questions or concerns
- Follow up as recommended

Long-Term Eye Health

Ongoing Care:

- Regular eye examinations
- UV protection with quality sunglasses
- Healthy lifestyle choices
- Prompt attention to new symptoms

Prevention:

- Protect eyes from injury
- Maintain good overall health
- Follow medication regimens for chronic conditions
- Stay current with recommended screenings

Remember: These are general guidelines. Your surgeon's specific instructions take precedence. When in doubt, always contact our office for clarification.

Your Care Team:

Surgeon: _____

Contact Number: 01732 700 00

Emergency Contact: _____

Next Appointment:

Date: _____

Time: _____

Location: _____