

6. **ACTIVITIES:**

Avoid extreme exertion or lifting of heavy objects (over 20 pounds) for three to four weeks. Such activities as jogging, exercise, tennis, and handball are best delayed for about three weeks unless otherwise specified. Contact-type sports should be avoided for at least two months. If you have any questions, please ask.

On the other hand, most household and desk-type activities are fine in moderation, if not prevented by other illness. Walking, riding in a car, cooking, light housework, reading, watching TV, writing, and knitting are all fine within your usual physical limitations. You do not have to limit your reading, TV watching, etc. since using your unoperated eye will not affect the operated eye.

Taking a bath or shower is permissible, but be very careful not to fall. If you are unsteady, you may want someone to help you keep your balance in the shower or bath. You may wash your hair, but use baby shampoo for the first month.

For those interested, sexual activities may be resumed after three weeks.

7. **FOLLOW-UP:**

You should come to the office for a postoperative check on \_\_\_\_\_ at \_\_\_\_\_

8. **Additional instructions:**

**MEDICATIONS:**

**ZYMAR (Tan Cap)**

1 drop 4 times per day for 10 days



**PRED FORTE (White Cap)**  
will be used for 4 weeks

1 drop 4 times per day for 1 (one) week

3 times per day for 1 (one) week

2 times per day for 1 (one) week

1 time per day for 1 (one) week



If refill is needed for **PRED FORTE** please call the office.

**ACUVAIL (single-use vials)**

1 drop 2 times per day for 2 (two) weeks.



**Wait at least 10 minutes between drops**