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## POST-OPERATIVE INSTRUCTIONS

You have just had a delicate operation to one of the body's most sensitive organs. Healing time varies from individual to individual. The average time until the healing process is complete varies from one to three months, depending on the operation. However, even after completely healing, your eye is not quite as strong as it was before the operation.

### 1. PAIN:

You can expect some mild discomfort for the first week or so. This should gradually improve. If you experience pain that is not controlled with Tylenol (or other over-the-counter preparations), or if your discomfort seems to be getting worse rather than better, please call **415.925.2020** day or night.

### 2. REDNESS:

Usually your eye will be somewhat red. This should also improve gradually. If the eye becomes progressively and significantly more red, call!

### 3. DISCHARGE:

Some matting of the eyelids is common and this discharge can be removed with a soft, moistened cotton ball by gently swabbing the eyelids without pressure. If the discharge significantly increases or looks like pus, call right away! Do not wait until your appointment; it is imperative to catch any infection early.

### 4. VISION:

Your vision will usually be quite blurry after any operation. You will probably need to have your glasses changed, or in the case of cataract operation, a whole new system of lenses will be necessary before you see clearly again. This can occur about 4-6 weeks after surgery.

### 5. PREVENTION:

- a. You should keep your eye protected by glasses or the plastic shield at all times. This is to protect the eye from accidental rubbing or knocking, which might disrupt the delicate stitching of the wound. You should continue this for at least four weeks. Since recently operated eyes are usually light sensitive, you may want to use tinted glasses or sunglasses. The shield or glasses should be used for at least 3-4 weeks.
- b. Eye pads may be used in addition to the glasses or shield. They are not necessary or even desirable, but some people feel more comfortable with them.
- c. The major danger to your eye is a direct blow. Avoid situations that could result in a flying object hitting your eye.