

Seven Hills Surgery Center  
2010 Fleischmann Road  
Tallahassee, FL 32308  
850-552-0608

### **PK Post Operative Instructions**

- **Rest** today.
- **It is okay to sit up or recline**, but do not recline totally flat. Stay elevated about 30 degrees from horizontal.
- **Sleep with head elevated** about 30 degrees from horizontal.
- Advance diet as tolerated.
- **Leave the eye patch in place.** It will be removed by your surgeon the day after surgery at your follow up appointment.
- **Do not rub** the operative eye.
- **Avoid lifting** heavy objects (over 20 pounds), **bending, or straining** for 4 weeks.
- **Report any severe pain, increased redness or discharge, or decreased vision in the operative eye to your physician immediately.**
- Take Tylenol or Ibuprofen or over the counter medications as directed for any discomfort.
- You may wash your hair the day after surgery, but avoid excessive water in the operative eye.
- Check with your surgeon regarding the use of cosmetics after surgery.
- Post op appointment at Eye Associates
- **If any problems occur, or if you have further questions, please call:**

**Eye Associates of Tallahassee M-F, 7:30-5:30 pm at (850-878-6161, and option "5" then "option "0", / after 5:30 option "1" (or dial 850-694-1866) for the on-call technician, Dr. Ford's # 509-1734**

- **If you cannot contact your physician but feel that your symptoms require a physician's attention, go to the nearest Emergency Room.**