



# HEALTH EDUCATION POST SURGERY (OPHTHALMOLOGY)

**Aster**  
**HOSPITAL**

We'll Treat You Well



Digital Version



#### GENERAL INSTRUCTIONS FOR POST-OPERATIVE PATIENT

- **PROTECTIVE GLASSES:** Please use the protective glasses when you are outdoors. Indoor wear is not necessary unless the environment is dusty.
- **Washing the face:** Cleaning of the operated eye will be as per the instructions given by the doctor/ nurse. The rest of the face can be mopped with a clean and wet cloth. Avoid splashing water inside the operated eye.
- **Shaving:** Shaving is permitted. But avoid splashing water after shaving. Instead, clean with a wet cloth.
- **Bathing:** You can bathe below neck from the first postoperative day itself. But avoid head bath for a period of 10 days.
- **Use of facial cosmetics:** Avoid cosmetics to the eye such as mascara, eye liners etc. for at least 4 weeks
- **Physical activity:** Activities such as walking, talking, TV viewing can be resumed immediately after surgery, However, Jogging, swimming, gardening, contact sports, etc. may have to be avoided until 4-6 weeks after surgery.
- **Driving:** Avoid driving till your surgeon gives you permission.
- **Position:** Avoid sleeping on the operated side for 3-4 days.

#### GENERAL INSTRUCTIONS FOR INSTILLING MEDICINES IN THE EYE:

- A. Always instill drops before ointment.
- B. Leave a gap of 10 minutes between two medications.
- C. Keep the eye closed atleast for 2 minutes after applying the medication.
- D. Once opened the eye drops are discarded after 1 month.
- E. Replace the cap of the bottle immediately after use.
- F. Make sure that the right drops are being used for the right number of times.
- G. If similar medication is advised for both eyes, it is advisable to have separate bottles for the two eyes.
- H. Unused eye medication once opened is discarded and never used for other persons.



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 [asterhospitals.com](http://asterhospitals.com) 📱 📺 📷 📹 [asterhospital](https://www.instagram.com/asterhospital)

## DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs