
Instructions for Patients after Discharge (Phaco + foldable + Acrysof)

1. Patient has to follow the instructions on putting drops as given by the nursing staff at the time of discharge for a period of 30 days.
2. Patient has to put the bandage with pad and green shield for 5 days and the green shade for the next 20 days to protect the eye at night.
3. Redness, watering of eyes, and a little of irritation are common and the patient need not worry about it. But if it is unbearable and more it is better to consult an eye specialist immediately.
4. Body wash can be taken from the next postoperative day head bath is after 15 days.
5. No restriction in food except the hard food stuffs should not be taken.
6. Tobacco chewing, smoking and taking alcoholic drinks are strictly prohibited.
7. Please avoid being in smokey and dusty places and giving strain by frequent watching of TV and reading of books.
8. Self - shaving is allowed after 3 days.
9. Patient has to come here after 30 days for review with the follow-up card given to him/her.
10. For further information, do approach the ward secretary / sister.

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