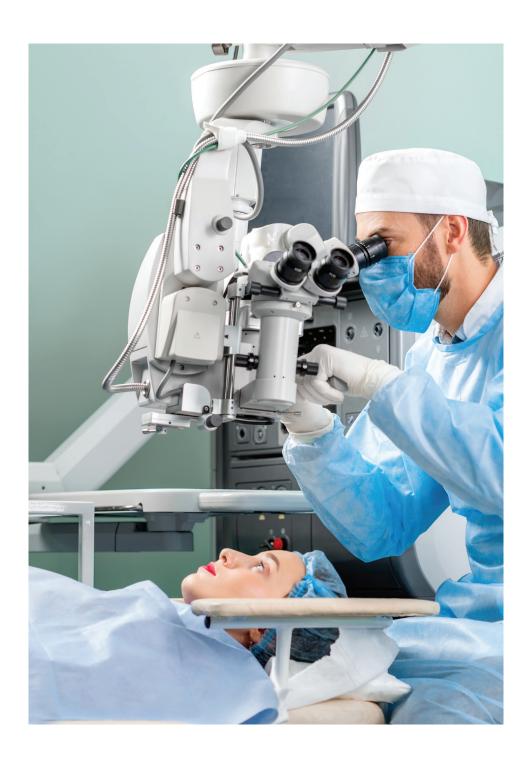






Digital Version



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



Mankhool, Kuwait Road, Al Mankhool - Dubai © 04 440 0500 ⊕ asterhospitals.com ④ ⑨ ⊚ 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