

WHAT CAN I DO AND WHAT CAN'T I DO AFTER MY EYE SURGERY

For TWO weeks please do not engage in:

- Lifting anything greater than 9 kg (20 pounds)
- Yoga
- High impact sports or any activity with jarring movements (football, rugby, running, cycling, skiing, racket sports, etc)
- Weight lifting, including situps
- Swimming while submersing your head
- Heavy gardening with any bending
- Any activity that requires you to bend over longer than just to tie your shoes

*Please do not wear any eye makeup or powder based cosmetics for one week

It is OK to:

- Swim with goggles but NOT to submerge your head for 3 days
- Engage in all normal non-strenuous activities (walk; treadmill (but walking only on it); elliptical trainer; stationary bike; light housework; 'cuddle'; golf, so long as you are not carrying your clubs; drive (after 24 hours)
- Take an airplane trip so long as you have had your 1 week post operative appointment
- Shower and bath but avoid getting any shampoo/soap in your eyes
- Have a hot tub
- Go out in the sun so long as you wear sunglasses
- Read or work at the computer (if you eyes tire, just rest them – you won't be doing any damage)