

## POST SURGICAL DAILY ROUTINES & ACTIVITIES

WEEK #	YES	No
<b><u>WEEK-1</u></b> <b><u>AFTER</u></b> <b><u>SURGERY:</u></b>	☺ <u>Day-1: Bed rest only</u> ☺ Day-2 and thereafter: Minimal activity only: Bed rest or sitting in a chair ☺ It is okay to be up for the bathroom and for meals ☺ Resume your normal diet and beverages; Brush your teeth and comb/brush your hair ☺ Men may shave normally ☺ You may take a tub bath if you are able to have help getting in and out of the tub ☺ TV is ok starting at Day-__ ☺ Showers are okay after 3 days - <u>but cover the operated eye so water cannot run into the eye</u> ☺ Starting on Day-__ you can wash your hair with your head tilted back; or you may prefer to go to a salon	<ul style="list-style-type: none"> <li>• Days 1: Avoid walking around the house</li> <li>• Days 1-3: Avoid showers</li> <li>• Avoid climbing stairs</li> <li>• Avoid strenuous activities such as bending, lifting, stooping and or straining.</li> <li>• Avoid vigorous coughing, sneezing and or blowing your nose.</li> <li>• Avoid any situation where you might trip, fall, be bumped or jostled.</li> <li>• No reading for 5 days.</li> </ul>
<b><u>WEEK-2</u></b>	☺ Walk normally	<ul style="list-style-type: none"> <li>▪ Still no lifting over 5 lbs, bending or straining.</li> </ul>
<b><u>WEEK-3</u></b>	☺ Sexual activity is okay	<ul style="list-style-type: none"> <li>▪ Avoid lifting up to __ lbs.</li> </ul>
<b><u>UP TO</u></b> <b><u>WEEK-6</u></b>	☺ Increase activities progressively.	<ul style="list-style-type: none"> <li>▪ Avoid golfing, bowling, jogging, deep water diving, moving heavy furniture, etc.</li> </ul>
<b><u>AFTER 6</u></b> <b><u>WEEKS</u></b>	☺ Unlimited activity	<ul style="list-style-type: none"> <li>▪ No restrictions</li> </ul>

**EMERGENCY CARE:** In the vast majority of patients, recovery is uneventful. However, if you experience significant pain, loss of vision, flashing lights in the operated eye or any other symptom that causes you concern, please call me day or night.

**NOTE:** See “*Stages*” handout for detailed guidelines by stage.