

STAGES OF POST-SURGICAL RECOVERY

IMPORTANT NOTE: A “stage” does not mean a “day”. Every eye recovery is different. Ask your doctor about the timing of each stage.

ACTIVITY RESTRICTIONS		
STAGES	Yes	No
<p><u>STAGE 1:</u> Quiet, quiet, and more quiet. Especially important: no lifting, no bending and no straining of any kind.</p>	<ul style="list-style-type: none"> ☺ Bed rest only. ☺ It is okay to be up for the bathroom and for meals, but otherwise lie flay with your head on the pillow. 	<ul style="list-style-type: none"> • No activity whatsoever during stage 1. • Not even reading.
<p><u>STAGE 2:</u> A little, very light activity. Balanced with a lot of rest.</p>	<ul style="list-style-type: none"> ☺ Same as stage 1, plus several short walks daily Walking is okay. ☺ TV is okay from about 10 to 15 feet. 	<ul style="list-style-type: none"> ▪ Still no lifting, bending or straining.
<p><u>STAGE 3:</u> A little more activity, but start slow.</p>	<ul style="list-style-type: none"> ☺ Same as stage 2, plus relative inactivity. ☺ Plenty of bed rest ☺ Walking is okay. ☺ TV and reading ☺ Riding in a car 	<ul style="list-style-type: none"> ▪ Still no lifting, bending or straining.
<p><u>STAGE 4:</u></p>	<ul style="list-style-type: none"> ☺ You can add washing hair 	<ul style="list-style-type: none"> ▪ No lifting over 5 lbs.
<p><u>STAGE 5:</u></p>	<ul style="list-style-type: none"> ☺ Bending over is now okay ☺ Sex is okay ☺ Driving is okay if vision permits 	<ul style="list-style-type: none"> ▪ No lifting over 10 lbs.
<p><u>STAGE 6:</u></p>	<ul style="list-style-type: none"> ☺ Continually build up physical activity 	<ul style="list-style-type: none"> • No heavy straining • Avoid coughing • Don't move heavy furniture ▪ No deep water diving
<p><u>STAGE 7:</u></p>	<ul style="list-style-type: none"> ☺ Unlimited activity 	<ul style="list-style-type: none"> ▪ No restrictions