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Eyesight Ophthalmic Services
www.EyesightNH.com

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Tel. 603-436-1773
Fax 603-427-0655

McReel Building
192 Water Street
Exeter NH 03833
Tel. 603-778-1133
Fax 603-778-1055

267 Route 108
Somersworth, NH 03878
Tel. 603-692-7500
Fax 603-692-7575

99 US Rt 1 Bypass, Ste B
Kittery, ME 03904
Tel. 207-439-4958
Fax 207-439-4313

272 Cottage Street
Sanford, ME 04073
Tel. 207-490-3380
Fax 207-490-9174

Clear Advantage Vision
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ClearAdvantageLaser.com
155 Borthwick Ave, Ste 200E
Portsmouth, NH 03801
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INSTRUCTIONS FOLLOWING MIGS SURGERY (iStent, Hydrus, goniotomy, canaloplasty, TR iDose or Durysta)

Until you are seen by your surgeon at their Eyesight Ophthalmic office:

1. Please use **1 drop of your Imprimis Eye Drops** at 12 pm, 4 pm, and 8 pm **TODAY in the operated eye.**
2. At bedtime, take the glasses off and tape the shield over the operated eye.
3. Eye protection is recommended outdoors (sunglasses or glasses) and at bedtime for 1 week.
 - a. Daytime –glasses or sunglasses
 - b. Bedtime/Naps – Eye Shield
4. You can bathe, shower, shampoo hair, dye or dry your hair, BUT please do not let water go directly in your eye
5. **NO swimming** underwater for 3 weeks.
6. **NO eye makeup** for one week.
7. **YOU MAY** travel in an airplane, read, and watch T.V.
8. **YOU MAY** bend over to put on shoes, socks, or pick up things
9. **YOU MAY** sleep in any position.
10. Your vision may be good enough to **drive as soon as the day after surgery.** Ask your surgeon if you are not sure.
11. Please **refrain from lifting \geq 35 lbs** or any vigorous physical activity that might increase your chances of falling and hitting your “operated” eye (such as skiing, skating, tennis, etc.) for 1 WEEK. It is okay for you to take a walk or play golf as long as you are wearing eye protection. If you are unsure, please ask.
12. **Your vision will most likely be blurry** the day of surgery and it may take several days for your vision to clear. You may also need glasses to improve your vision.
13. **It is not unusual to experience watering, a foreign body or a scratchy sensation** for the first few weeks after surgery as the eye heals. It will improve with time. While it is okay to use lubricant eye drops, i.e. “artificial tears”, please do not begin using them until at least 1 week after surgery.
14. Please refer to your surgeon about taking your glaucoma drops in the operated eye.

PLEASE CALL THE OFFICE AS SOON AS POSSIBLE if you experience sudden intense pain or a dramatic change of vision in the “operated” eye. If you call after hours, leave a message in our Emergency Voice Mailbox. If we do not call back within 30 minutes, then call 603-964-9192 and let the answering service know you have just had surgery. We are on call 24 hours a day and will call you back as soon as possible.

Anesthesia Discharge Instructions

You have received anesthesia to help you relax/sleep during your procedure. After anesthesia you may be sleepy and lightheaded for several hours.

Follow these instructions:

- Make sure a responsible person stays with you today, and overnight for your safety
- Do not drink alcohol, drive, or operate machinery for 24 hours
- Do not make any important decisions, or sign legal documents for 24 hours
- Avoid making purchases or doing business on the internet for 24 hours
- Go directly home, and rest quietly today
- Return to activities as directed by your surgeon
- Start your diet with liquids and light foods, and progress to a regular diet, if not nauseated
- Resume home medications, unless otherwise instructed by your surgeon
- Call your doctor if you experience prolonged vomiting, difficulty breathing, dusky skin color, excessive sleepiness, or any other concerns
- **Stop smoking.** No matter how long you have smoked, quitting now will help you breathe easier. Smoking has been linked to lung cancer, irritation, and damage to the lining of the lungs.
- Please call your doctor if you have any of the following:
 - Shortness of breath
 - Difficulty breathing
 - Exercise or activity intolerance
 - Swelling of the legs, feet, or abdomen
 - If you have a sudden weight gain of more than 3-4 pounds in 1-2 days