

## Precautions After Eye Surgery

1. For 4 weeks after surgery, avoid alcohol, smoking, swimming, massages, and public baths/saunas. Take prescribed medications consistently for about 5 days.
2. On the day of surgery and the following day, avoid straining your eyes, bending your head forward, or rising suddenly from a lying position.
  - a. (If eye pressure rises, bleeding may occur even if the surgical site has already clotted.)
3. If bleeding occurs from the eye, place a clean tissue or gauze over the area and press gently with the palm for 3–5 minutes. Repeat until the bleeding stops.
  - a. (⚠ Do not rub, as this can cause bruising.)
4. When cleaning blood, dab gently with tissue, or clean with water or eye ointment before the blood has dried.
5. While sleeping or lying down, keep your head elevated above heart level.
  - a. (Use pillows or cushions for about 3 days and avoid lying down for extended periods.)
6. You may wash your face except for the surgical area. Apply eye ointment thinly using a sterile or clean cotton swab.
7. Makeup can be applied after stitch removal, and normal exercise or sauna use is allowed 4 weeks after surgery.
  - a. (Contact lenses may be worn 2 weeks after surgery.)

### <For the first 3 days after surgery>

- **Cold Compress:** Store the pack in the refrigerator and apply repeatedly. (Usually recommended for 3–5 days, 10–20 minutes at a time, as often as possible.)

### <After stitch removal>

- **Warm Compress:** Begin the day after stitches are removed, for about 1 week. Use the same method as cold compress but warm the pack by soaking it in lukewarm water. (⚠ Do not heat with a microwave or boiling water, as it may burst.)

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



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