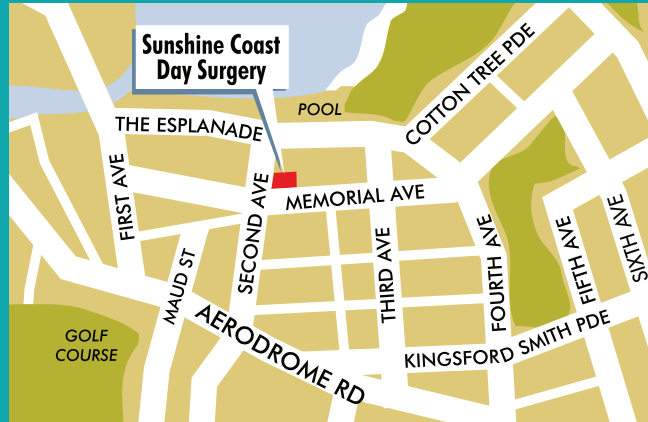


## SUNSHINE COAST DAY SURGERY

Corner Second & Memorial Avenues  
Maroochydore QLD 4558

**Phone:** (07) 5294 6516

**Email:** reception@scds.net.au



### WE ARE EASY TO FIND

**Main entrance:** Second Avenue

**Car park entrance:** Memorial Avenue



**SUNSHINE COAST  
DAY SURGERY**

If you have any concerns regarding your care, please submit these in writing to the Director of Nursing. We value your comments and consider them an opportunity to improve our service. Your concern will be looked into and we will respond to you after investigating the issue

## IMPORTANT INFORMATION AFTER YOUR OPHTHALMOLOGY PROCEDURE



Thank you for choosing the Sunshine Coast Day Surgery

**OUR VISION:** Strive for excellence in day surgery using current contemporary practice.

We pride ourselves on our caring professionals using the latest procedures and technology to ensure quality outcomes for our clients.

This brochure contains information and instructions for you and your carer. A nurse will explain the information with you before you go home. If you are unsure of any instructions, do not hesitate to ask for further explanations.

Please keep this in a handy place, so that you can refer to it as necessary.



**SUNSHINE COAST  
DAY SURGERY**

## YOU HAVE HAD:

- Intravenous sedation    General anaesthetic

### Intravenous sedation information:

- Rest and avoid strenuous activity for 24 hours
- You may resume your normal diet when you get home
- If you experience nausea and/or vomiting, drink fluids only until the nausea subsides
- Contact your doctor if vomiting persists

### For the next 24 hours do not:

- Return to work or attend social engagements
- Drink alcohol or smoke
- Take sedatives except those prescribed by your surgeon
- Operate machinery or drive a motor vehicle
- Use electrical appliances
- Undertake any activity which could lead to injury
- Make important decisions or sign legal documents

### Rest quietly at home and avoid strenuous activity.

### General anaesthetic information:

- Rest for 24 hours and avoid strenuous activity
- Eat a light diet only today, e.g. soup, toast, jelly, sandwiches
- If you experience nausea and/or vomiting, drink fluids only until the nausea subsides
- Contact your doctor if vomiting persists

### Eye drops or ointment:

You may be given eye drops or ointment to use when you go home. Before you use eye drops or ointment always wash your hands well with soap and water, and then dry them well. The most effective way to instill drops or ointment is to:

- Pull down gently on the lower eyelid with the forefinger to form a pocket
- Tilt your head back slightly and look up
- For eye drops, hold the bottle between the thumb and forefinger of your other hand and rest the neck of the bottle on the bridge of your nose. Gently squeeze the prescribed number of drops into the pocket formed by the lower lid
- For ointment, hold the tube between the thumb and forefinger of your other hand and rest the tube on the bridge of your nose. Gently squeeze a small strip of ointment into the pocket formed by the lower lid
- Do not touch your eye or any part of your face with dropper or ointment nozzle
- Close your eye for 30 seconds then open
- Recap the container and store as directed
- Use drops and ointment only as directed

### Remember:

- Follow the information given to you by the hospital staff about your procedure
- Keep your appointment with your doctor

Medication you have been given may continue to influence you after discharge. You may feel sleepy, lights-headed or dizzy. This will gradually wear off. For your safety, have a responsible adult with you for the remainder of the day and overnight.