

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
<u>STAGE 1:</u> Quiet, quiet, and more quiet. Especially important: no lifting, no bending and no straining of any kind.	☺ 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.	• No activity whatsoever during stage 1. • Not even reading.
<u>STAGE 2:</u> A little, very light activity. Balanced with a lot of rest.	☺ Same as stage 1, plus several short walks daily Walking is okay. ☺ TV is okay from about 10 to 15 feet.	▪ Still no lifting, bending or straining.
<u>STAGE 3:</u> A little more activity, but start slow.	☺ Same as stage 2, plus relative inactivity. ☺ Plenty of bed rest ☺ Walking is okay. ☺ TV and reading ☺ Riding in a car	▪ Still no lifting, bending or straining.
<u>STAGE 4:</u>	☺ You can add washing hair	▪ No lifting over 5 lbs.
<u>STAGE 5:</u>	☺ Bending over is now okay ☺ Sex is okay ☺ Driving is okay if vision permits	▪ No lifting over 10 lbs.
<u>STAGE 6:</u>	☺ Continually build up physical activity	• No heavy straining • Avoid coughing • Don't move heavy furniture ▪ No deep water diving
<u>STAGE 7:</u>	☺ Unlimited activity	▪ No restrictions