



*Diseases & Surgery of the  
Retina and Vitreous*

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#### **Clinical Trials**

Allergan Posurdex Implant for DME  
Alimera Iluvien Implant for DME  
ThromboGenics Microplasmin  
for Vitreo-Macular Traction  
Lpath-iSONEP for ARMD  
Regeneron VEGF-Trap for ARMD  
Genentech Lucentis for CRVO  
Genentech Lucentis for CRVO Ext.  
Regeneron VEGF-Trap for CRVO  
Novartis Aliskiren for DME  
DRCR Lucentis for Diabetic VH  
Regeneron VEGF-Trap for ARMD Ext.  
Alimera Iluvien Implant for DME Ext.  
GSK Oral Pazopanib for ARMD  
GSK Topical Pazopanib for ARMD  
Alcon ESBA 1008 for ARMD  
Santen DE-109 for Posterior Uveitis  
Allergan Ozurdex vs. Lucentis for DME  
Regeneron VEGF-Trap for BRVO  
Novartis LFG316 for Dry AMD  
Van Andel Institute Vitreous Sample  
DRCR Topical NSAID for DME  
Wilmer iDEAL for DME  
Saint Mary's Vitreous Sample

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## **Vitreo-Retinal Associates, P.C.**

### **Post-Operative Instructions Laser Surgery**

#### **The First 2 to 3 Days Following Laser Surgery:**

##### **You May:**

Watch TV  
Walk  
Lift up to 15 pounds  
Drive or ride in a car  
Wash clothes and do dishes

##### **Do Not:**

Read unless necessary  
Lift more than 15 pounds  
Stoop or strain  
No heavy housecleaning  
No bending below the waist

During the first 24 to 48 hours following surgery it is important to rest your eyes to promote healing. Reading causes eye movement, so unnecessary reading should be avoided.

Sleep in a bed with your head elevated on 2 or 3 pillows. If you prefer, you may also sleep sitting in a reclining chair.

Following the listed restrictions stated above and sleeping with your head elevated will decrease the pressure on blood vessels in your eyes. This reduces the chance of bleeding and promotes the reabsorption of any blood in the eye.

#### **Side Effects:**

After laser surgery you may have a headache and eye discomfort. These problems can be relieved by taking Tylenol (1 or 2 tablets every 4 hours) and applying a warm (not hot) washcloth over your eye for 3-5 minutes each hour until your eye is comfortable.

A dilated pupil and inability to focus may last for approximately 3 days due to the type of eye drops used. You may also notice small dark spots in your field of vision for about 1 week. If you had a shot with your laser, you need to leave the patch on for approximately six hours.

Call the office if you have any questions or problems.