



San Jose Medical Center Department of Ophthalmology
5755 Cottle Road, Building 2
San Jose, CA 95123

EYE MUSCLE SURGERY POST-OPERATIVE INSTRUCTIONS

ACTIVITY:

- Resume normal activity as tolerated 24 hours after your surgery.
- Avoid swimming and dusty places for 2 weeks.

DIET:

- No dietary restrictions.

MEDICATIONS:

- Resume regular medications.

CARE OF WOUND OR DRESSING:

- Apply cool compresses as tolerated for the first 24-48 hours as needed.

WHEN TO CALL YOUR DOCTOR:

- If you experience a significant decrease in vision, swelling, or discharge.

FOLLOW-UP APPOINTMENT:

- As scheduled.

IMPORTANT TELEPHONE NUMBERS:

- Ophthalmology Advice and Appointments: (408) 972-6570, between 9:00 AM – 5:00 PM. Closed for lunch 12:30 PM – 1:30 PM.
- Ophthalmology Weekend and Holiday Advice: (408) 362-4791.