

## **FAQ:**

### **Can I shower and have a bath?**

You can shower, have a bath and wash your hair, but be careful not to rub or press on your eye, and try not to get water in your eye.

### **Can I bend down?**

Yes you can bend down, but it is best to avoid lifting heavy objects, such as bags of shopping.

**Can I exercise?** Yes, but avoid strenuous activity such as gardening, golf, running, tennis, pilates and yoga for 2 weeks. I would also suggest that you avoid swimming for 3 weeks.

**Can I drive?** The legal limits for driving are the ability to read a number plate at 20 meters, with good health and an unimpaired field of vision. As soon as you reach these limits you can drive. For some patients this may be day 1, but for others it may not be until you pick up your new glasses at 4 weeks. It may be easier to meet this standard using the operated eye and no glasses, than it is when you are wearing your old glasses.

**Do I need time off work?** Under most circumstances you would be able to return to work almost immediately, but it would be safe to book a week off in case it takes your vision longer to recover. If your job is physically demanding I would suggest you plan for 2 weeks off.

**Can I wear my old glasses?** It is likely that your old glasses will now have the wrong prescription for the operated eye, but still the correct prescription for the other eye. You can wear them if they are comfortable, but may find you are more comfortable without your old glasses. Some patients opt to have the lens in front of their operated eye removed until they have a post-op refraction which is carried out at 4-5 weeks.

In the meantime if you are having difficulty reading you may choose to use a pair of the cheap "ready readers" for the first few weeks.