

LEAVE YOUR EYE PAD ON UNTIL YOUR POST OPERATIVE APPOINTMENT THE MORNING AFTER YOUR SURGERY. DO NOT INSTILL ANY DROPS.

- Bathe your eye twice a day (morning & night) with ½ a teaspoon of salt to a cup of boiled water. You will need to use clean cotton wool for each wipe across the lid. Wipe from the inner corner of the eye and outward. Discard this swab and use a fresh one for each wipe of the eye.

DO NOT WIPE YOUR EYEBALL, ONLY YOUR EYELIDS

- Tape your eye shield over the operated eye each night for 1 week post operatively. This will give you added protection from bumping your eye during the night.
- Use your drops after each bathing and at the other times as directed:
- You have 2 drops: TOBREX (antibiotic drop)
MAXIDEX (anti-inflammatory drop)

After your operation you need to use both of your drops in the eye that was operated on until your next appointment with Dr Glastonbury. You should leave about 1-2 minutes between instilling each drop. Drops should be instilled 4 times a day – BREAKFAST, LUNCH, DINNER & BEDTIME without touching the surface of your eye with the tip of the bottle.

DO

- Wear sunglasses while outdoors, you will be more sensitive to glare in the post operative phase
- You may read or watch TV if you can tolerate it, you will not harm your eye
- You may drive your car if your vision is satisfactory BUT NOT on the day of surgery, or the day after surgery

DON'T

- Don't rub or put your fingers into your eye
- Don't bend your head lower than your chest for 2 weeks
- Don't lift anything heavy for 2 weeks following your surgery
- Don't sleep on the same side as your healing eye for 1 week. Sleep on the opposite side or your back.
- Don't be concerned about washing your hair. You can wash it under the shower but close your eyes.

IMPORTANT

Contact the surgery if:

- ❖ Your vision deteriorates significantly and suddenly
- ❖ If you experience deep **SEVERE** pain the back of your eye
- ❖ If you develop a yellowish discharge from your eye

Please Remember:

- It is very important that you have assistance available to you in the immediate post operative period when you return home and overnight. You will still have residual anaesthetic agents in your system and you will also experience a degree of visual impairment due to your operated eye being patched. This can alter your depth perception when attending to certain domestic tasks in the home such as pouring hot water. There is also an increased risk of falling post operatively.

It is a requirement of the North Queensland Day Surgery that you have someone to accompany and stay with you in this immediate post operative stage.

- You have had an operation and you will have some post operative discomfort as with most surgery. If you have had your other eye operated on in the past please be aware that the post operative phase for your current surgery may not follow the same recovery path as your other eye surgery did. This is not abnormal.
- You may experience some dull aching discomfort in the first 24 hour period postoperatively above your brow bone or you may experience it as a dull headache. This is caused by your pupil constricting back down to its original size following the dilation drops you had on the day of your surgery. Please take **two** Paracetamol tablets 4th hourly to alleviate this discomfort.
- You may experience a sensation of having something in your eye in the first few days post operatively. You may notice your eye is watery. This is your incision and over the first few days you may notice this sensation particularly when you are blinking, tired or trying to focus on a TV screen or computer screen when your eye may be a little dry. This sensation will improve. If you are concerned please call our rooms on 47212176 for further instruction and advice.
- Because you have had an operation you should practice consistent and regular pain control by administering **two** Paracetamol tablets to yourself on a regular 4 hourly basis if necessary. It is not a good idea to allow your discomfort to reach a maximum level before administering pain relief. Please **DO NOT TAKE ASPIRIN** for pain following your eye surgery.