

WHAT YOU NEED TO KNOW FOLLOWING PTERYGIUM SURGERY

DO'S

LEAVE YOUR EYE PAD ON UNTIL THE MORNING FOLLOWING SURGERY

- Use eye drops as directed – See below instructions
- Wear sunglasses – You will be extremely sensitive to glare for 4-6 weeks following surgery
- You may read or watch TV, you will not harm your eye
- You may drive your car if you feel your vision is satisfactory **BUT NOT** on the day of surgery.
- Bathe your eye twice a day (morning & night) for ONE WEEK following surgery with ½ a teaspoon of salt per cup of boiled water. You will need to use clean cotton wool for each wipe. Wipe from the inner corner of the eye then outward. Discard this swab and use a fresh one for each wipe of the eye. **DO NOT WIPE THE EYE, ONLY THE LIDS**
- Use your drops after each bathing and at the other times as directed
- **CONTACT THE SURGERY IF:**
 - Your vision deteriorates
 - If you experience severe pain in the back of your eye
 - If you develop a discharge from the eye

DONT'S

- Don't rub your eye
- Don't lift anything heavy
- Don't enter dusty or windy environments without sunglasses
- Don't be concerned when your eye remains red for up to 4 weeks following surgery
- Don't be concerned about a gritty sensation in your eye, your eye will remain irritated for some weeks following surgery, part of this sensation is caused by the stitches and partly because your eye is dry.
- Don't be concerned if your eye waters. This is actually because your eye is dry. You may want to increase your lubricant drops, this will not harm the eye.
- Don't be concerned about washing your hair. You can wash it under the shower but close your eyes.
- Don't go swimming until your next appointment with your eye doctor

DROPS

You have 3 drops : TOBREX (antibiotic drop) 4 times a day
MAXIDEX (anti-inflammatory drop) 4 times a day
REFRESH (lubricant drop) 4 times a day if necessary

PLEASE BE ADVISED THAT THE POST OPERATIVE PERIOD FOLLOWING SURGERY IS UNCOMFORTABLE. YOU SHOULD ARRANGE TO HAVE AN EFFECTIVE PAIN RELIEF AVAILABLE FOR THIS PERIOD OF TIME, BEST TAKEN IMMEDIATELY FOLLOWING SURGERY.

BEST TIMES FOR YOUR DROPS ARE BREAKFAST, LUNCH, DINNER AND BEDTIME.