

POST OPERATIVE CARE FOR PTERYGIUM SURGERY

DO'S

PLEASE LEAVE YOUR EYE PAD ON UNTIL THE MORNING FOLLOWING SURGERY

- Use eye drops as directed – See below instructions.
- Do not drive with your eye pad on.
- 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 saline solution. You will need to use a clean gauze square for each wipe. Wipe from the inner corner of the eye then outward. Discard this gauze 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 .
- You can wash your hair under the shower if necessary but close your eyes.

CONTACT THE SURGERY IF:

- Your vision deteriorates.
- If you experience severe pain.
- If you develop a discharge from the eye.

DONT'S

- Don't rub your eye.
- 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 dissolving stitches and partly because your eye is dry.
- Don't be concerned if your eye waters. You may want to increase your lubricant drops; this will not harm the eye.
- Don't go swimming until your next appointment with your eye doctor.

DROPS

You have 3 types of drops :

- TOBREX (antibiotic drop) 4 times a day.
- MAXIDEX (anti-inflammatory drop) 4 times a day.
- REFRESH (lubricant drop) 4-6 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. Do not use aspirin following your eye surgery. Best times for your drops are breakfast, lunch, dinner and bedtime.