



POST OPERATIVE PTERYGIUM SURGERY

(With or without Auto-conjunctival graft)
(With or without Mitomycin C)

NAME:

PLEASE LEAVE YOUR EYE PAD ON UNTIL THE MORNING FOLLOWING SURGERY

Once the operation is completed it is important for you to follow the instructions below

General

A prominent bloodshot eye is to be expected and will slowly improve over 1 month. Severe sandy sensation in the eye is expected in the first 2 days, with light sensitivity for the first week.

Do's

- 1) Remove the dressing on the first morning after surgery.
- 2) You may bathe the area if necessary with cooled boiled water and a clean tissue, gauze or cotton wool that has been thoroughly saturated.
- 3) You should then commence the prescribed eye drops.
- 4) Use ice packs and paracetamol for analgesia. The anaesthetist will also give a script for stronger analgesia.
- 5) Wear sunglasses - you will be sensitive to glare for 1 week following surgery.
- 6) Shower as normal.
- 7) You can wash your hair under the shower in the days following surgery but protect your eyes.
- 8) Watch TV or read as comfort permits - you will not harm your eye.
- 9) Resume normal activities as tolerated.
- 10) You may drive your car if you feel your vision is satisfactory and you feel confident to do so, **BUT NOT** within 24 hours of surgery.

Don'ts

- 1) **Do not rub your eye.**
- 2) Do not enter dusty, smokey or windy environments without sunglasses or your prescription glasses immediately after surgery to avoid increased irritation to the eye.
- 3) We expect the eye to be gritty but this generally settles within the first week.
- 4) Do not be concerned if your eye waters. You may want to increase your lubricant drops; this will not harm the eye.
- 5) Do not go swimming until discussed with your doctor.

Your eye may remain red for up to 6 weeks following surgery. This will gradually diminish with time.

For pain take: Panadol, Panadeine or Panamax. Please **discuss with your doctor prior to taking** Aspirin, Solprin, Disprin or Nurofen.

After the pterygium is removed, the shape to the cornea may change. Since the focusing of the eye is dependent on the shape of the cornea, it is common to notice some transient blurred vision for several weeks following the surgery.

We recommend taking at least 1 week off work following the surgery.

Contact if:

- 1) Your eye becomes increasingly painful
- 2) Your eye becomes increasingly red or the eyelids swell and you have increasing discharge
- 3) Your vision deteriorates

Medications

Restart Aspirin / Warfarin / Eliquis /Xarelto

Use the following medications for 1 week unless instructed otherwise:

..... times per day

..... times per day

..... times per day

If you have any problems with pain, decrease in vision or excessive discharge or excessive bleeding, please call the **rooms 8353 6768** during office hours.

Your appointments are as follows

Date at.....**am/pm**

Date at.....**am/pm**