

Glaucoma Consultants of Texas

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Glaucoma Surgery Post-Op Instructions

Please read the following instructions carefully since the outcome of your surgery depends greatly on proper post-op care:

- You will be sent home from the surgery center wearing a gauze and shield patched over the operated eye. You will not need to use any eye drops in the operated eye for the remainder of the day after your surgery. Remember to continue using your usual glaucoma drops in your un-operated eye.
- The morning after your surgery remove the patch, being careful not to touch the eye. Once the gauze and shield are removed, you should protect your eye at all times by wearing either the clear shield or protective sunglasses.
- On your appointment the day after your surgery, the doctor will give you a prescription and instructions on how to use the eye drops. Make sure you fill this prescription immediately since it is important to use the drops soon after your appointment. Do not restart any previous glaucoma drops or glaucoma pills unless your doctor advises you to do so.
- All the drops prescribed to you are to be used during waking hours only. You are not required to wake up in the middle of the night to use the drops.
- If different drops are required to be used at the same time of day, remember to wait five minutes between drops to keep from washing one drop out with the other.

What To Expect

It is normal to have blood on the white part of the eye after surgery. This will gradually disappear. You may also notice thickening of the skin on the top part of your eye or it may look like a blister or water bubble on your eye. You may notice this soon after surgery or a long time after the surgery. Do not be alarmed as this is normal after surgery.

The operated eye will also be slightly painful, sore, swollen, and somewhat sensitive to light. Dark glasses may help with this discomfort. You may use Tylenol only for pain. Do not use any aspirin or arthritis medicine that may thin the blood.

It is normal for your vision to be blurry and to fluctuate for several weeks to months after surgery.

If you have unusual pain in the eye, or a sudden change in vision, call the office immediately for advice and instructions.

Important Restrictions

FOR THE FIRST TEN DAYS:

Sleep at a 30 to 45 degree angle both during the nighttime and for daytime napping. Always tape your eye shield securely in place before lying down to rest (or at any time that you are not wearing your glasses). You may wash your hair only if you can do it very lightly with a wash cloth, or if you have your hair dresser performs this for you (tape your shield in place before starting).

FOR THE FIRST SIX WEEKS:

Wear a shield or glasses at all times. The shield is very important to wear at night or when taking a nap to help you from accidentally rubbing your eye and damaging it. Avoid bumping or squeezing your eye. Refrain from bending over or lifting. Do not strain at the toilet, cough, sneeze, or vomit. You may use over-the-counter medicines to help with constipation, coughing, or sneezing, or contact your primary care physician for prescription medicine, if needed. Do not clean your eye even with a tissue. You may gently clean the skin on your cheek or eyebrow area.

FOR THE FIRST THREE MONTHS:

Heavy lifting, that is lifting more than fifteen pounds, is only allowed after three months. At that time your eye is considered to be healed and you can resume all of your regular activities.

**** You are not restricted from reading, watching TV, or talking any time after surgery. You are able to go slowly up and down steps and ride in a car.

Notes

In some cases you may need to return for follow up visits every day to every other day for up to three weeks after surgery. The intervals between visits will depend on how the eye is doing and will not be known until the doctor looks at you on your follow up visits. Please make arrangements for drivers to bring you for these visits in case you are unable to drive.

Your doctor will advise you how frequently you should take the drops on each visit. The dosing of your drops will change depending on the healing of your eye. Some drops may be required to be used for up to three months.