

## Following pterygium and conjunctival lesion surgery

Following pterygium and conjunctival lesion surgery, your eye is then covered with a protective eye pad which can be removed the next morning.

### After the surgery

Rest quietly indoors during the evening of the day of your surgery.

When the local anaesthetic wears off you will feel some discomfort or irritation in your eye – this is unavoidable.

Pain killers should help with the discomfort, such as:

- 2 Paracetamol tablets or 2 Panadeine Forte tablets every 4 hours, but not exceeding 8 tablets in a 24-hour period. *Do not use more than one paracetamol containing medication at a time as there is a risk of overdose.*
- 1 or 2 Nurofen tablets every 8 hours, but not exceeding 6 tablets in a 24 hour period.

The eye itself will be red immediately after surgery; this will settle over a few weeks.

Sometimes the anaesthetic can cause bruising around the eye; this does not affect the outcome and should settle down over the following weeks.

Note that a small amount of bloody discharge from the wounds, or blood-stained tears, are normal.

### Post-surgery eye drop guidelines

Start the drops the next day.

Use the eye drops listed below in the following order - only for the **eye that had the surgery**:

- **Chlorsig**: 4 times/day for 2 weeks (antibiotic drop)
- **Maxidex**: 4 times a day for 4 weeks or until it runs out (anti-inflammatory drop)
- **Chlorsig**: ointment – at night for 5 days

Suggested times are: Breakfast and Lunch and Dinner and Bedtime. Please wait at least two minutes between each drop.

It is easier to instil drops when looking in the mirror, tilt your head back and gently pull down the skin in front of your eye.

Continue to use your usual eye drops (glaucoma etc) as directed by your doctor – start a fresh bottle after the operation.

Store the drops in a cool place. The door of the fridge is suitable.

### Dos and don'ts – post surgery

- Wash your hands before using your drops or cleaning your eye
- If you need to clean your eye use a clean tissue moistened with cooled boiled water. Gently clean the eye by wiping from inner eye to outer eye. Wipe once and throw the tissue away. Repeat if necessary

## Following pterygium and conjunctival lesion surgery *continued*

- Use all eye drops as directed
- Wear the protective shield at night / when sleeping for the first week
- Resume moderate physical activity the next day
- Continue to watch television or read
- Avoid situations where you might fall or bump your head
- Avoid windy or dusty situations
- Shower or bathe but do not allow tap water to enter your eye for the first few days. Always pat gently around the eye. Do not rub or apply undue pressure to the eye
- Check with your surgeon when you can recommence driving a vehicle and/or resuming any sporting activities
- Bring all your drops with you when you are returning for eye appointments
- Do not swim for 2 weeks (with goggles) or 4 weeks (without goggles) following surgery.

**If you have any significant problems such as severe pain, decreasing vision or worsening discomfort or swelling around the eye**, contact Dr Adams at **Insight Eye Surgery** on **07 3154 1515** (Brisbane) or **07 5345 5011** (Noosa) in business hours or attend your local hospital emergency department after hours.