

## **POST- OPERATIVE INSTRUCTIONS PTERYGIUM SURGERY**

### **DO'S**

- Use Tobradex drops 4 times a day as prescribed in the operated eye.
- You have a contact lens placed in your eye to protect your cornea. It will be removed by the surgeon at your follow up appointment within 5-7 days after the surgery. If for any reason your contact lens falls off, please DO NOT try to put it back.
- You may experience some pain during the first 48 hours following the surgery. You may take Tylenol, Tylenol Extra Strength and/or Advil to alleviate the pain.
- Do not drive ON THE DAY OF SURGERY. In general, you may resume driving once your vision improves (your vision is not blurry anymore).
- 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.
- If needed, DO NOT WIPE THE EYE, ONLY THE LIDS.
- You may shower neck down starting today. Do not wash your hair for four days.

## **DONT'S**

- Don't rub your eye.
- Don't put the contact lens back if it came out
- 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 if your eye waters or you experience a gritty sensation. Your eye may remain irritated for some weeks after the surgery, partly because your eye is dry. You may want to increase your lubricant drops.
- Do not swim for two weeks after your surgery.

### **CONTACT THE OFFICE DURING DAYTIME IF:**

Your vision suddenly deteriorates.

You experience sudden severe pain.

You develop a discharge from the eye.