

## **INSTRUCTIONS FOR TRABECULECTOMY OR XEN STENT PATIENTS**

### **DR WENG NG**

#### Eye Drops

- After surgery, leave the dressing on until I remove them.
- Then use **Prednefrin Forte** every two (2) hours during the day, **Acular** and **Tobrex** four times a day until I see you again.
- Stop your pre-operative glaucoma drops in the operative eye only.
- Wear **Eye Shield** to sleep in the first two (2) weeks after surgery.

#### Tablets

- You may take Panadol (Paracetamol) or Nurofen (Ibuprofen) as required.
- Do not take Nurofen if you have a history of stomach ulcer, asthma or kidney disease.

#### Activity

- No strenuous exercise, sexual intercourse, straining in toilet, blowing a balloon or a musical instrument, bending over or heavy lifting (10kg) for one (1) month.
- Try to avoid coughing or sneezing.
- Do not rub your eye. However you may be taught a gentle way of massaging your eye by myself if indicated.
- You can wash your face and hair three (3) days after surgery.
- Please note that the vision may be quite blurry initially and will take weeks (sometimes months) to recover to the pre-operation level.
- No driving until I have instructed you to do so.

Please contact me on my mobile 0402 757 296 or Brisbane Eye Clinic if any of the following occurs after surgery;

1. Eye pain not relieved by Paracetamol (Panadol)
2. Vision becomes worse compared to the first day after surgery
3. Increasing eye redness
4. Significant discharge from the eye