

SURGERY INSTRUCTIONS (PTERUGIUM, LID, VALVE)

Please read these instructions carefully before surgery and again after surgery.

If you have any questions, please contact Brisbane Eye Clinic on 07 3832 1700

1. BEFORE SURGERY

- a) Take your prescriptions to the pharmacy at least 10 days prior to surgery and store your drops in the fridge. You need to start using these drops **one day** before surgery.
- b) Admission time – you will be phoned 1-2 days before surgery and given the time to arrive at the hospital.
- c) Do not consume alcohol for at least 24 hours prior to your admission time.
- d) **DIABETIC PATIENTS** - If you are diabetic you must follow the protocol in your folder which gives instructions on how to manage your medications, including tablets and insulin. Please have a list of your medications ready before you call us for advice.

2. ON THE DAY OF SURGERY

- a) Use all your eye drops on the morning of surgery (including your glaucoma drops if applicable).
- b) **DO NOT eat or drink anything for 6 hours prior to your admission time.**
- c) You may have a small sip of plain tap water to assist with swallowing medication but not less than two hours prior to your admission time.
- d) Please take all other medications as normal including blood thinners and aspirin.
- e) **DIABETIC PATIENTS** - Please follow the protocol in your folder which gives instructions on how to manage your medications, including tablets and insulin. Please ensure you take all diabetic medications with you to the hospital.
- f) We recommend you wear warm clothing as the hospital theatre can be cold.

3. AFTER SURGERY

- a) You **must** have a responsible adult collect you from the hospital and they **must** stay with you overnight. If arrangements for a responsible adult person to pick you up have not been undertaken in advance, your surgery **will** be cancelled.
- b) Do **not** drive, operate heavy machinery, sign important documents or make important decisions for 48 hours following surgery.
- c) Do **not** consume alcohol for at least 24 hours after your surgery.
- d) It is important to remain hydrated following surgery. We recommend you consume at least 2 litres of fluids during the 24 hours following your surgery and that you eat normally.
- e) Leave the Eye Pad in place until your post-operative visit; unless you have significant eye pain, in which case, you should contact your Surgeon.
- f) You may gently clean your eye with salty water using a clean tissue after the Eye Pad is removed.
- g) Take the tablets prescribed as per the Pain Management instructions (listed below).
- h) Keep using your eye drops & ointment for four (4) weeks after surgery or as instructed by your eye surgeon.
- i) **Do not rub or apply pressure** to the operative eye at any time in the 4 weeks following your eye operation.

4. ACTIVITIES

- a) Do not enter, or work in, a dusty environment for 2 weeks following surgery.
- b) **Avoid** allowing plain tap water to directly contact the operated eye for 48 hours and do not **SWIM** or use **EYE MAKEUP** for 5 days.
- c) If the eye feels irritated, sandy or gritty – bathe the eye with a clean tissue soaked in salt water (1 teaspoon salt in 1 cup of tap water).
- d) Use lubricating drops as necessary for comfort.

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5. DISCOMFORT

It is normal to experience the following symptoms:

- a) Red, watery eyes with some discomfort (grittiness or itchy feeling).
- b) Swollen eyelids (use crushed ice in a small zip lock bag wrapped in a moist cloth for up to 10 minutes per hour for 24 hours to reduce tissue swelling).
- c) Sensitivity to light (wear sunglasses).
- d) Blurred vision.

6. PAIN MANAGEMENT

You have been given a prescription for pain relief by your doctor. If you experience any aching discomfort, throbbing pain, headache, nausea please follow the instructions below:

PANADOL OSTEO – Take one tablet with food. You may take one tablet every six hours if needed up to a maximum of four tablets in 24 hours. This medication contains paracetamol for pain relief.

If significant pain persists after these medications have been taken, or if you have concerns and wish to speak to a Surgeon, please contact Brisbane Eye Clinic.

Office:

3832 1700

ALL HOURS, 7 DAYS