



GLAUCOMA SURGERY

Pre/Post Operative Instructions

What can I expect after Glaucoma Surgery?

1. VISION: The vision will fluctuate a great deal between patients. It will be blurry the first day after surgery and will improve back to the pre-operative vision over the next several weeks. **If the vision is significantly worse or if you have severe pain, please call the office IMMEDIATELY at (562) 988-8668.**

2. DISCOMFORT: There is generally a rough or scratchy feeling of the eye during the first days after surgery. This is the area where the sutures are. It will take a few weeks for the sutures to absorb so the eye to be smooth and comfortable. Your eye may be sensitive to light. This may last for several weeks. If you have minor discomfort, this can be relieved with Tylenol or Extra-Strength Tylenol. There should be no severe pain. **If you have significant pain, please call the doctor.**

Your doctor can be contacted if you call the office at **(562) 988-8668**. During the night and on the weekends, the telephone will be answered by an answering service. You should inform them that you recently had eye surgery and they will contact the doctor for you. Please call again if you do not get a response within 30 minutes. We would rather have “needless calls” than have a patient ignore an important symptom. We are particularly concerned if you have pain, or loss of vision.

Pre-Operative Instructions

The Day Before Surgery

Eating Instructions

- Eat a light evening meal.
- **DO NOT EAT ANYTHING FROM MIDNIGHT UNTIL AFTER SURGERY!**

Other Instructions:

- Shower or bathe and wash your hair.



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The Day of Surgery

Medications:

- Take all your usual blood pressure and heart medications with a small sip of water.
- **Do Not** take your diabetic medicine, aspirin, diamox, neptazane or any blood thinners.
- **Do Not** use glaucoma medication in the eye to be operated on.
- Use your usual glaucoma medications in the eye that is not having surgery.

Other Instructions:

- Do not use any eye makeup.
- If you wear dentures or a hearing aid, you may wear them for surgery.
- Leave your valuables at home.
- Please bring your insurance cards and your photo ID to surgery center.
- Dress in clean, comfortable, loose fitting clothing.

Post-Operative Instructions

After surgery it is very important that you be careful. The eye is very delicate and you must take very good care of yourself for a minimum of six to eight weeks. A successful operation can be destroyed, and the eyesight lost during this critical period. While technologic advances have modernized eye surgery to the point where sandbags around your head and two week hospitalizations are no longer necessary, your body still requires the same amount of time to heal.

The Day of Surgery

Medications:

- Follow the eye drop schedule that is given to you by the nurse at the surgery center.
- Take all of your usual medications, except for aspirin, ibuprofen, Diamox and Neptazane. Please ask if you are not sure whether or not you should take a specific medication.
- You may take Tylenol for any eye discomfort.



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Meals:

- Do not eat until after surgery. After surgery you may eat whatever you like.
- Keep your alcohol intake to a minimum as your anesthetic agents may still be in your body and you may have an unexpected reaction.

Activities:

- Do not remove your eye patch, unless instructed to. The eye patch will be removed in the office the day after surgery or you may be asked to remove the patch six hours after surgery.
- Stay home and relax.
- You may watch television, but do not read. Your vision will be blurry because of the medications put in your eye.

The Day After Surgery

Medications:

- Use **your new eye drops in the operated eye as directed**. Take care not to press on the eye. Continue this until your next appointment.
- Use your glaucoma medications in the **unoperated** eye.
- Bring ALL of your eyedrops to your first post-operative appointment.
- Always wash your hands before applying your eyedrops and use a clean tissue to wipe your eye in order to reduce your chance of infection.

Activities:

- Glasses should be worn at all times when the plastic eye shield is not taped to the eye for protective reasons. Sunglasses may be worn in bright sunlight.
- Wear your eye shield at bedtime for 4 to 6 weeks after surgery.
- You should always avoid contamination of the eye, but this is especially important during the first 4 to 6 weeks.
- You may bathe, shower and wash your hair. Take care



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to prevent toxic substances from getting into the eye.

Always use a clean tissue to wipe your eye. Do not use your body towel as you can transfer bacteria from other parts of your body into your eye.

- You should avoid swimming or hot tubs until instructed.
- Avoid strenuous exertion, strenuous exercise, lifting greater than 10 pounds and bending below the waist for the first 4 to 6 weeks.
- You should avoid strenuous sexual activity for the first 4 to 6 weeks.
- You may do light reading and watch television as soon as you are comfortable.
- You should avoid carrying pets or small infants without eye protection for the first 4 to 6 weeks as they may inadvertently scratch the eye.