



Warrnambool ■ Colac ■ Hamilton ■ Portland

HOME CARE FOLLOWING PTERYGIUM SURGERY

What to expect:

A pterygium is removed by incisional surgery (not laser). A graft is used to cover the area of the eye surface. Stitches are used to attach the graft and these dissolve after about 6 weeks. The gritty sensation will improve daily and it is recommended that you plan to take a few days off work.

After the operation you will have a bandage contact lens which should be left on your eye for 7 days which will be removed at your next consultation. If the eye becomes very painful it may mean the contact lens has dislodged and you may need to make an earlier appointment.

The eye surgery performed on you has been very delicate. It is important to follow the directions listed below, until your doctor reviews you. This is to complete the healing process.

DRESSINGS

If applicable, take your eye pad off in four (4) hours.

Post-operative Treatment:

1. Ofloxacin drops 4 times a day for 1-2 weeks. Eye ointment is sometimes prescribed. If prescribed, it is best warmed for two (2) minutes (in your hand or in a glass of warm water) to ease application into the eye. (**DO NOT** rub it onto the wound).
2. Prednefrin Forte drops 4 times a day for 4 weeks – this is an anti-inflammatory drop to help ease the inflammation and discomfort.
3. At any time, additional lubricants in the form of artificial teardrops, available without prescription from the Supermarket/Chemist, can be used for relief of discomfort.
4. Avoid vigorous activity for 4 weeks.
5. Avoid swimming or immersing the eye in water for 6 weeks.
6. Wear wraparound sunglasses to protect your eye from wind, dust and sunlight.
7. Simple analgesia (Panadol/Panadeine) is not normally required for pain (but can be used if needed).

It is important not to rub the eye.

If there is any discharge, wipe the margin of the lids with a clean tissue or cotton bud dipped in warm, boiled water. Discard tissue after each wipe.

General Care:

- You may eat normally.
- Some discomfort may be felt. You may take some Panadol or Panadeine.
- Keep water out of the wound for one (1) week following the operation.

Review:

A review appointment will be made for you at South West Eye Surgery 1 week and 3 months after the operation, but if you have any concerns, you can ring anytime for an earlier appointment.

Emergency Phone Numbers

South West Eye Surgery	5562 4488
South West Health Care	5563 1666
Royal Victorian Eye & Ear Hospital	9929 8666