

Capital Eye Consultants, P.C.

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POST-OP INSTRUCTIONS FOR PTERYGIUM REMOVAL

After your surgery is over, there are a few things that you need to do to ensure that your eye heals as quickly and easily as possible. This list of instructions will help you reach that goal.

1. **Medications.** Please follow directions below. Bring your eye drops with you to each follow-up visit. Start drops and ointment as directed below the day after surgery.

1. TobraDex Ointment

Apply 1/4 inch ribbon to operated eye at bedtime. Pull down lower lid and squeeze ointment into the pouch that is created.

2. TobraDex Drops

four (4) times a day into operated eye for 4 weeks.

Remember:

- ✓ Shake the TobraDex bottle well before using.
- ✓ Use 1 to 2 drops
- ✓ Bring your medications with you to every office visit.
- ✓ Several small sutures will come out on their own in the next few weeks. If you see these, do not be alarmed.

2. Wear your own glasses or sunglasses during the day, as needed.
3. Tape your eye shield in place at night for one week after surgery.
4. When showering, keep the eye closed. Rinse soap away from the eye before opening. Use your drops afterward.
5. Remember that your eye should improve from here on in. If you notice a constant increase in pain, redness or discharge, or any sudden decrease in vision, please call us right away. These are signs of possible infection.
6. **If you ever have any questions, don't hesitate to call the office at 703-876-9630.** We want to do everything possible to ensure quick healing of your eye.

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