

Capital Eye Consultants

Pterygium Surgery

Post-operative Instructions

The First Night

Remove shield 4 hours after surgery and instill one (1) drop of Zymaxid. Repeat with one (1) drop at bedtime. Replace the shield for sleeping.

For discomfort, you may use either the pain medications prescribed by your doctor or any type over-the-counter medication (Tylenol, Advil, aspirin, etc.)

If you develop pain that is not managed by these medications, please contact your doctor, as instructed below.

Unless informed otherwise, continue to use all prescription medications (both oral and eye drops) as before surgery.

The Day following Surgery

Bring your drops with you on your first day of follow up, which is the day after surgery.

Following Weeks

Zymaxid. One drop 4 times a day for one (1) week.

Pred Forte. Shake bottle. One drop 4 times a day for 6-8 weeks.

Artificial Tears. 4 or 5 times a day for one week. Afterwards, use as needed.

Drops are only for the operated eye and can be used together, in any sequence, if separated by at least 3 minutes. It is normal that some drops will sting. Close the eye gently for a minute after instilling a drop. Please bring your drops along with this handout with you to each post-op appointment.

Activities

No pressing or rubbing the eye for 8 weeks. You must wear the eye shield while sleeping for at least 1 or 2 weeks. You have the option of wearing it or removing it while awake during the day for that same period, 1 to 2 weeks. Refrain from using any eye make-up for 7 days following surgery. You may read and watch TV as much as you would like. You may resume work and driving when you feel ready. Restrictions will be lifted as you heal.

Call IMMEDIATELY if you experience severe pain or sudden loss of vision.

Visual Recovery

There is normally much variability in the recovery rate between different patients. Your eyelids may be mildly “droopy” or swollen. This is usually a temporary condition. You may notice that your vision is blurry. If you are not comfortable driving, or operating hazardous equipment, please avoid doing so until your vision is satisfactory. You may notice increased sensitivity to sunlight. Wear sunglasses as needed.

