

Pterygium Surgery Postoperative Instructions

- Following surgery, you will be able to resume living a normal life immediately.
- Anticipate blurriness, which will gradually improve each day.
- It is normal for your eye to be moderately red, sore, and light sensitive, but these symptoms will improve.
- Your eyelid may remain swollen for several weeks.
- You may notice a clear, watery discharge for several days after surgery.

Postoperative Medications

After surgery, you will be prescribed several different eye drop medications. You will need to start these eye drops the morning after your surgery. A description of each medication is outlined below.

- **Vigamox** is an antibiotic drop which is used to minimize the risk of infection. It should be used 4 times a day until you are told to change or stop.
- **Prednisolone forte** is a steroid eye drop, used to minimize inflammation, modulate healing, and prevent tissue rejection. It should be used 4 times a day until you are told to decrease. The drops may sting a little when they are instilled, and this is normal. You will be using these drops for many months.
- **Systane** is a lubricating drop, used to moisturize and lubricate the eye. You can use it as much as you want, particularly if your eye feels watery, gritty, or uncomfortable. Please use these drops every 1-2 hours for the first 1-2 days after surgery. After this time, you should use the drops at least 4 times a day until one month after surgery.
- **Please resume any glaucoma medications you were using prior to the surgery.**

It doesn't matter what order you put the drops into your eyes, but you should wait at least one minute between drops. Please allow 24 to 48 hours when requesting refills, and call BEFORE you run out of drops.

Restriction on Activities

- It is extremely important that you **DO NOT RUB THE TREATED EYE.**
- You will be given a clear plastic shield to wear as protection over your eye at night
- Refrain from any activities that may put your eye at risk of injury, as well as areas containing a high volume of chemicals, dust, and debris.
- **Do Not** wear eye makeup or moisturizer around the eye area for 1 week after surgery.
- **Do Not** swim or go into a hot-tub, Jacuzzi, or sauna for 2 weeks after surgery. You can take showers as normal, but avoid getting shampoo or soap in your eyes.
- You can resume cardiovascular activity two weeks after surgery.
- You can watch television, read books, and walk stairs immediately after the surgery.

Many general statements can be made about how you will feel and what the likely course will be after surgery, but do not be alarmed if your course is somewhat different. When in doubt about any symptoms or activities, call our office. **If you have aching, persistent pain, a sudden decrease in vision, a sudden clouding/fogging of vision, or persistent nausea or vomiting, please notify our office immediately.** Early attention to potential problems usually results in simple and successful treatment.

If you have any questions or concerns, please contact Dr. Rotkis' office at (206) 386-2516.