

FORSTER EYE SURGERY

Dr. Geoffrey Whitehouse MBBS(Syd) FRANZCO

POST-OPERATIVE INSTRUCTIONS

PTERYGIUM SURGERY

The following points are meant as a guide to ensure you recover as rapidly as possible from your surgery.

THE FIRST 24 HOURS:

- Have a responsible person with you.
- The eye patch may be removed when the anaesthetic has fully worn off OR the morning after surgery, whichever you prefer.
- Start the Maxidex and Chlorsig eye drops once the pad has been removed.
- Take painkillers (eg Panadol, Panadeine, Panadeine Forte, etc) if needed.

NOTE: the graft has been sutured in place and a bandage contact lens has been inserted to reduce the irritation from the stitches. The stitches and contact lens will be removed at the 1 week post-operative visit.

THE FIRST WEEK UNTIL THE SUTURES ARE REMOVED:

DO:

- use the eye normally
- wear your regular glasses / sunglasses as necessary
- all your usual activities EXCEPT swimming and strenuous exercise (such as gym workouts, weight-lifting)
- expect the eye to be slightly irritable
- shower normally

DO NOT:

- expect to see clearly
- rub the eye
- flush the eye with eye wash or excessive drops
- allow water to run into the eye – NO SWIMMING!

NOTE: if the eye suddenly becomes sore and irritated, the bandage contact lens has probably displaced. **PLEASE CONTACT THE ROOMS.**

WEEKS 2 – 4:

- Return to normal activity (no swimming for another week)
- Protect the eye from the elements with regular sunglasses, or spectacles to reduce the chance of recurrence.

EYE-DROPS:

(Maxidex and Chlorsig):

- Week 1 - use BOTH drops (separated by 1 minute) FOUR times a day
- Week 2 - use BOTH drops (separated by 1 minute) THREE times a day
- Week 3 - use BOTH drops (separated by 1 minute) TWO times a day
- Week 4 - use BOTH drops (separated by 1 minute) ONCE a day



FORSTER EYE SURGERY

Dr. Geoffrey Whitehouse MBBS(Syd) FRANZCO

If severe pain or marked loss of vision occurs, please contact the rooms immediately on 6555 5669 or the hospital where your surgery was performed:

Forster Private Hospital: 6555 1333
 Mayo Private Hospital: 6552 1466
 Gloucester Hospital: 6538 5000
 Manning Rural Referral Hospital: 6592 9111

Day	Breakfast		Lunch		Dinner		Bed	
	Maxidex	Chlorsig	Maxidex	Chlorsig	Maxidex	Chlorsig	Maxidex	Chlorsig
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
25								
26								
27								
28								

Place a tick in the box once you have inserted the drops

