

FORSTER EYE SURGERY

Dr. Geoffrey Whitehouse MBBS(Syd) FRANZCO

POST-OPERATIVE INSTRUCTIONS

TRABECULECTOMY SURGERY

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

THE FIRST 24 HOURS

- Leave the dressing intact. It will be removed by the Doctor at the first post operative visit.
- Have a responsible person with you in case there are problems.
- Take Panadol or Panadeine if the eye is painful.
- Expect the eye to be itchy and scratchy from the stitches

THE FIRST 4 WEEKS

DO:

- use the eye drops as directed
- wear spectacles when awake to protect the eye (sunglasses or prescription)
- wear the supplied shield when asleep (use Micropore tape)
- mobilise freely around the house, watch TV, or read
- take Panadol or Panadeine if the eye is sore/aching
- expect the eye to be itchy and scratchy from the stitches
- shower normally

DO NOT:

- expect to see clearly
- lift, bend or strain excessively
- rub the treated eye

EYE- DROPS:

Chlorsig, Pred Forte (and Atropine / Homatropine if given)

Day 0 - 7 - Use Atropine ONCE daily or Homatropine TWICE daily (if given)

Day 0 - 21 - Use Chlorsig/Pred Forte (separated by 1 minute) FOUR times a day

Day 22- 28 - Use Chlorsig/Pred Forte (separated by 1 minute) THREE times a day

Day 29-35 - Use Chlorsig/Pred Forte (separated by 1 minute) TWICE a day

Day 36-42 - Use Chlorsig/Pred Forte (separated by 1 minute) ONCE a day

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



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Day	Breakfast		Lunch		Dinner		Bed		
	Chlorsig	Pred Forte	Chlorsig	Pred Forte	Chlorsig	Pred Forte	Chlorsig	Pred Forte	Atropine/Homatropine
1									
2									
3									
4									
5									
6									
7									
8									
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42									

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

