

## Terrace Eye Centre

2<sup>nd</sup> Floor, 87 Wickham Terrace, Brisbane QLD 4000

Phone: 07 3831 0101 | Fax: 07 3831 3203

**Dr. Sing-Pey Chow** MBBS (Honours) BMedSc FRANZCO

Consultant Ophthalmologist | Corneal and Cataract Surgeon

## **On the Day of Pterygium and Conjunctival Autograft Surgery**

**Please take all your eye drops to the hospital**

### **Before you arrive**

Please read all the information contained in this pre-operative pack.

Have a shower or bath at home. You may use deodorant, but do not use any:

- Talcum powder, face creams or moisturiser
- Make-up
- Perfumes or after-shave

You may wear your wedding ring but please leave all other valuables at home.

It is important to continue all your medications, including your eye drops. Please take your medication with a sip of water regardless of your fasting times unless you have been instructed otherwise. There are general guidelines on the next page regarding medications that you may need to cease. However, please check with your GP or specialist before you discontinue any medication to ensure that it is safe for you to do so.

### **What to expect on arrival**

After you have arrived and checked in, you will be changed into a hospital gown so please wear comfortable clothing that is easily removed. You are not required to remove your underwear. The operating theatres are kept at a constant temperature of 22-degrees Celsius, so you may wish to bring socks and a singlet to wear into the theatre. There will be blankets available.

You will meet the team looking after you, including your anaesthetist.

After your surgery, you will be brought to the Recovery area where you will be given a sandwich and coffee or tea, and your post-operative instructions will be explained to you before you are ready to go home. Please ensure that you have a carer to take you home.

## For patients having pterygium and conjunctival autograft surgery:

### Standard advice for patients taking aspirin, warfarin and other medications

\*\*Please note that the table below is only a guide. Please check with Dr Chow, your GP or other specialist (eg. cardiologist, neurologist) if you have any questions.\*\*

Medication	Brand names	Instructions
<b>Aspirin</b> and aspirin-containing medications	Astrix, Cartia, Solprin, Disprin, Aspro, Asasantin	Continue your usual dose
<b>Clopidogrel</b>	Plavix, Iscover	Patients should cease clopidogrel 7 days before surgery if it is safe for you to do so. <b>Please see your GP or specialist at least 2 weeks before surgery to discuss this</b>
Non-steroidal anti-inflammatory drugs (NSAIDs)	Nurofen, Voltaren, Indocid, Mobic	Discontinue for 3 days before surgery
COX-2 inhibitors	Celebrex	
<b>Warfarin</b>		Continue your usual dose <ul style="list-style-type: none"><li>You should arrange to have your INR checked the day prior to surgery.</li></ul>
<b>Newer oral anti-coagulants (NOACs)</b> <ul style="list-style-type: none"><li>Dabigatran</li><li>Rivaroxaban</li><li>Apixaban</li></ul>	Pradaxa Xarelto Eliquis	<b>Please see your GP or specialist at least 2 weeks before surgery to discuss if you are able to discontinue this.</b> <ul style="list-style-type: none"><li>You may need to stop this 48 hours before surgery, and re-start it 24hrs after surgery.</li></ul>
<b>Prasugrel</b>	Effient	<b>Please see your GP or specialist at least 2 weeks before surgery to discuss if you are able to discontinue this.</b> <ul style="list-style-type: none"><li>You may need to stop this for 7 days before surgery, but can continue on aspirin.</li></ul>
<b>Ticagrelor</b>	Brilinta	
Herbal and natural supplements, especially if they contain garlic, ginkgo, ginseng, ginger or fish oil		Cease for 14 days prior to surgery

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# Pterygium and Conjunctival Autograft Surgery Instructions

## **Discomfort:**

- It can be uncomfortable for the first few days after pterygium surgery. Please take Panadol or Panamax as required to ease your discomfort. Have plenty of rest, and keep your eye closed if this eases your discomfort.
- It is important to not rub or touch your eye, as the conjunctival autograft is very delicate and can be dislodged.

## **Hygiene:**

- Always wash and dry your hands prior to instillation of your eye drops.
- You can gently wipe any discharge around your eye with a clean cotton pad moistened with cooled boiled water (whilst keeping your eye closed). Do not put pressure on your eyeball.
- Avoid soap or shampoo in your eye, and do not immerse your eye in water.
- No eye make-up for one week.

## **Activities:**

- Do not drive until Dr Chow has told you that it is safe to do so.
- For the first two weeks:
  - No swimming.
  - Avoid rubbing or bumping your eye.
  - Avoid any heavy lifting.
  - Avoid excessively dusty, dirty or dry conditions if possible.
- You can resume other activities as soon as you feel able.

## **Glasses and shields**

- Wear the eye shield overnight for the first week. This is to protect you from bumping or rubbing your eye while you are sleeping.
- If you normally wear sunglasses, you may continue to do so if you wish.

## **Your post-operative appointments**

- Your first post-operative appointment with Dr Chow is at Terrace Eye Centre (2<sup>nd</sup> floor, 87 Wickham Terrace, Brisbane)

Date: ..... Time: .....

- You will need a follow-up appointment with Dr Chow 6 weeks after surgery.
- If you have any concerns, you can contact Dr Chow on 07 3831 0101.

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## Eye Drops Following Pterygium Surgery

You will have two bottles of eye drops to use:

1. Chlorsig (antibiotic)
2. Maxidex (steroid)

**It is important to follow the instructions for using your eye drops over the next 6 weeks.** This will help your eye recover from surgery and prevent complications.

- Leave 5 minutes between each drop.
- You may find it helpful to tick each medication off as you use them.
- If you are going to run out of either drop, please obtain a repeat prescription from Dr Chow or your GP, as it is vital to keep using your drops as prescribed.

### Week 1 and 2:

- Use Chlorsig (C) FOUR times a day, then stop.
- Use Maxidex (M) SIX times a day (ie. every 3 hours whilst awake).

Week 1	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	C	M	C	M	C	M	C	M	C	M	C	M	C	M
7am														
10am	■		■		■		■		■		■		■	
1pm														
4pm														
7pm	■		■		■		■		■		■		■	
10pm														

Week 2	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	C	M	C	M	C	M	C	M	C	M	C	M	C	M
7am														
10am	■		■		■		■		■		■		■	
1pm														
4pm														
7pm	■		■		■		■		■		■		■	
10pm														

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### Weeks 3, 4, 5 and 6:

- Continue Maxidex (M) FOUR times a day for the next four weeks. This will help your eye heal following surgery, and minimise potential recurrence of the pterygium.

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Lunch							
Dinner							
Bedtime							

Please note: You will need to make a follow-up appointment to see Dr Chow 4-6 weeks after surgery.

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