

Terrace Eye Centre
Ophthalmic Physicians and Surgeons
2nd Floor, 87 Wickham Terrace
BRISBANE QLD 4000

Phone: 07 3831 0101 Fax: 07 3831 3203

Patient Instructions: Pterygium Surgery
Dr. Sonia Yuen

Eye Medications

- You have been prescribed 2 different eye drops:
 Prednefrin Forte & Chloromycetin (or Tobrex / Ocuflax)
 1 drop each every 3 hours for 2 days then
 4 times per day for 2 weeks then
 3 times per day for 2 weeks then
 2 times per day for 2 weeks then
 1 time per day for 2 weeks then stop all drops
 You will need to refill the script.
- Do not get up at night to put in the drops or ointment.
- The order of the drops is not important, but read the label to ensure that you have the correct eye drop.
- Discontinue any previous eye medications to the operated eye, unless otherwise instructed.
- Keep the eye drop bottles in a cool place or in the refrigerator.
- Shake the bottles well before use.
- Wash your hands with soap and water before handling any eye drops or touching the eye.
- Do not allow the tip of the bottle to touch your eye, eyelashes, or hands.

If you are using drops and ointment at the same time, use the drops first then the ointment.

If using eye ointment, place the ointment onto a cotton bud, and then gently smear the ointment onto the eyelid from the cotton bud.

How to apply the eye drops:

Look up and gently pull down the lower lid with your finger.

Then gently squeeze the bottle and instill one drop.

Remove your finger and gently close the eye.

Wait at least 2 minutes before the next drop.

- Take your eye medications with you each time you see the doctor.

Eye Pad

- Leave the eye pad on overnight and remove it the following day, unless instructed otherwise by Dr. Yuen. You may wash your face and take a shower after the eye pad has been removed.

What to Expect

- It is normal for your eye to be red and have some discharge.
- The eye may be gritty and watery.
- The vision may be blurred or fluctuate.

Physical Activity

- No swimming for 3 weeks following surgery.
- No restrictions on reading, watching TV, walking, shopping, showering, etc.

Contact Dr. Yuen immediately if

- Severe pain.
- Marked increase in the redness of the eye.

Contact Numbers

- **Surgery (M-F 9am-5pm): 3831 0101**

PRACTICING IN ASSOCIATION

DR ALBERT ARALAR MB BS FRANZCO
DR GUY D'MELLOW MB BS(Hons) FRANZCO FRACS
DR WILLIAM GLASSON MB BS FRANZCO FRACS FRCOphth
DR SONIA YUEN MD PhD FRANZCO

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