

Dr William Glasson

MBBS (UQ) FRANZCO, FRACS, FRACGP, DipAppSc (Opt) GAICD
Terrace Eye Centre, and Oxford Eye Centre, Brisbane.
A/Prof. University of Queensland, Faculty of Medicine
Director, Queensland Ocular Oncology Service
Advisory Council, Cancer Australia

Terrace Eye Centre: 3831 0101
Oxford Eye Centre: 3899 2965
After hours: 0427 757 375

PTERYGIUM/LIMBIC LESION POST-OPERATIVE INSTRUCTIONS

EYE-DROP MEDICATION & SCHEDULE

You have **TWO (2)** eye-drops to use: **CHLORSIG** (antibiotic) and **MAXIDEX** (steroid. Remember to shake bottle prior to use).

C = Chlorsig, M = Maxidex

- Weeks ONE (1) and TWO (2) following surgery:**

Instill **1 drop** of each bottle into the operated eye **4 times a day**: Easy times to remember is at breakfast, lunch, dinner, and prior to bed-time. After instilling Chlorsig first, gently close your eyes for a few seconds and wait at least 2 minutes before instilling Maxidex. **You MUST start your eye-drop regime on DAY 1 (day of surgery).**

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
BREAKFAST														
LUNCH														
EVENING														
BEDTIME														

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
BREAKFAST														
LUNCH														
EVENING														
BEDTIME														

- Weeks THREE (3), and FOUR (4) following surgery:**

STOP using the Chlorsig drops.

Continue to use 1 drop of Maxidex into the operated eye **3 times a day** for a further TWO (2) weeks.

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							
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							
BEDTIME							

- Weeks FIVE (5), and SIX (6) following surgery:

Continue to use 1 drop of Maxidex into the operated eye **2 times a day** for a further TWO (2) weeks.

WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	M	M	M	M	M	M	M
BREAKFAST							
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							
BEDTIME							

- Weeks SEVEN (7), and EIGHT (8) following surgery:

Continue to use 1 drop of Maxidex into the operated eye **1 times a day** for a further TWO (2) weeks.

WEEK 7	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	M	M	M	M	M	M	M
BREAKFAST							

WEEK 8	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	M	M	M	M	M	M	M
BREAKFAST							

THINGS TO KEEP IN MIND

The following is a guide of what is safe, and not safe to do after the *first month of surgery, unless advised otherwise:*

1. Medication	ENSURE to use your prescribed eye-drops as directed by Dr Glasson, for the duration advised.
2. Eye Pad	Leave the Eye Pad on overnight and remove it the following day, unless instructed otherwise. You may wash your face and take a shower after the Eye Pad has been removed.
3. Eye Hygiene	<ul style="list-style-type: none"> ▪ Without putting excessive pressure on the eyes, gently clean eyelids/lashes daily to avoid buildup of debris. ▪ AVOID soap or shampoo into the eye.
4. Make-up	AVOID eye make-up for 1 week following surgery.
5. Returning to Activities	<ul style="list-style-type: none"> ▪ Continue to read, watch TV, walking, light exercise, and light routine daily activities without concern ▪ AVOID touching, rubbing, or any bumping of the eye ▪ AVOID swimming for 3 weeks following surgery ▪ AVOID any sport where your eye might be knocked ▪ AVOID sleeping on the side of your operated eye for 1 week

IMPORTANT

Contact Dr Glasson to make an appointment immediately if you experience:

- Severe onset of pain that is not relieved with drops or pain relief tablets
- Increase in redness or discharge

It is imperative you attend all your post-operative appointments with Dr Glasson following your operation. The exact date and time for your post-operative appointments will be allocated by Dr Glasson's secretary.