

## General Surgery Pre-Operative Instructions

### Operation Preparation

Ensure you have read and understand the contents of this Surgery Handout, specific to your scheduled operation, containing the below advice:

- Page 1 - Pre-Operative Instructions
- Page 2 - Post-Operative Instructions
- Page 3 - Eye Drop Instructions
  - Please fill the prescriptions that have been provided to you prior to your scheduled operation, instillation of eye drops begin 1 day following your surgery
- Page 4 - Eye Drop Dosing Schedule
- If you have not done so already, please return the required surgery paperwork to Terrace Eye Centre at least 1 week prior to your scheduled operation

### Anticoagulants

- Always check with your GP or cardiologist before stopping blood thinners
- **If you are advised to stay on them please do so**
  - Your operation can still proceed
- If you are advised it is safe to stop temporarily then follow the guidelines below:

<b>Cartia</b> (Aspirin)	No need to stop
<b>Coumadin, Marevan, Warfarin</b>	Stop 3 days before surgery
<b>Clexane, Fragmin</b> (Heparin)	Stop on day of surgery
<b>Xarelto</b> (Rivaroxaban)	Stop 24 hours before surgery
<b>Eliquis</b> (Apixaban)	Stop 48 hours before surgery
<b>Pradaxa</b> (Dabigatran)	Stop 48 hours before surgery
<b>Brillinta</b> (Ticagrelor)	Stop 5 days before surgery
<b>Plavix, Iscover</b> (Clopidogrel)	Stop 7 days before surgery
<b>Asasantin</b> (Dipyridamole & Aspirin)	Stop 7 days before surgery
<b>Persantin</b> (Dipyridamole)	Stop 7 days before surgery

### Operation Day

- Please do not apply any makeup
- It is better to wear glasses to the hospital rather than contact lenses
- Take all your regular medications as normal
  - Blood thinners/anticoagulants see above
- **No food for 6 hours** before your operation
- Keep drinking **water** until **2 hours** before your operation
- If you are diabetic you will receive instructions from the hospital
- Ensure you have arranged for a carer to sign you out and take you home from surgery

## **General Surgery Post-Operative Instructions**

### **The First Night:**

- You should not experience pain beyond moderate irritation or discomfort
- Paracetamol or Ibuprofen should be all that is necessary to ease your discomfort
- You will have a bandage on your eye for the first night. You should remove this the morning after surgery. Gently clean your eye lids and start your eye drops before your appointment. If you prefer you may leave the bandage in place and it will be removed for you at your appointment

### **Eye Drops:**

- You have two bottles of eye drops to use **Tobrex and Maxidex**
- These are to be used as instructed on the attached Eye Drop Instruction sheet
- Preservative free artificial tear drops (lubricating eye drop, e.g. hylo-forte) may also be used for dry eye symptoms as needed

### **Hygiene:**

- Always wash and dry your hands prior to instilling your eye drops
- Discharge around your eye may be wiped gently with a clean gauze square or cotton ball moistened with cooled boiled water but do not put pressure on your eye ball
- Avoid soap or shampoo in your eye
- No eye make up for 1 week

### **Activities:**

- **Do not drive** until instructed by Dr Beckingsale
- No swimming for 2 weeks
- Avoid rubbing or bumping your eye
- Other activities may be resumed as soon as you feel able, but try and avoid excessively dusty, dirty or dry conditions for the first 2 weeks

### **Glasses / Shields:**

- If you normally wear dark glasses, continue to do so if you wish
- You should wear an eye shield at night-time for the first week after surgery to protect the conjunctival graft (you will go home with this on after your surgery)

### **Post-Operative Care:**

- It is imperative you attend your post-operative appointment's with Dr Beckingsale following your operation, all of the below checks will be back at Terrace Eye Centre
- Your first post-operative appointment will normally be the next day after your operation
- Your final post-operative appointment will then be 4-8 weeks following surgery
- After the above timeframe, you are out of your post-operative aftercare period
- The exact date & time for your post-operative appointments will be allocated by Dr Beckingsale's secretary, details are provided in your surgery confirmation



**If your eye becomes increasingly red, more uncomfortable, painful or the vision becomes worse, please phone Dr Beckingsale immediately on: 0406 533 960**

## General Surgery Eye Drop Instructions

You have been provided with prescriptions for **TWO** different eye drops to use:

**TOBREX** (Antibiotic)

**MAXIDEX** (Anti-Inflammatory)

Please bring your drops to your post-operative appointments

- Use the TOBREX first. After instilling the drop gently close your eyes for a few seconds then open. Wait at least 5 minutes before using the MAXIDEX
- A good way to space the separate drops is to instil the TOBREX before the meal or when getting ready for bed and the MAXIDEX after your meal and just before you turn the lights out at night
- When instilling the eye drops allow at least 5 minutes between each drop
- Tick and flick chart for after surgery can be found on page 4 & 5, you may use this to easily track your eye drop schedule

### TOBREX Eye Drops:

- Instil ONE drop of TOBREX into the operated eye 4 times a day  
(Easy times to remember are at breakfast, lunch, tea and prior to going to bed)
- Stop the TOBREX after 1 week

### MAXIDEX Eye Drops:

- Instil ONE drop of the MAXIDEX into the operated eye 4 times per day starting the day after surgery
- The MAXIDEX bottle should be shaken before putting a drop in your eye
- After 2 weeks the MAXIDEX reduces to 2 times per day
- After 4 weeks you do not need to use any more drops

## General Surgery Eye Drop Dosing Schedule

**T** = TOBREX  
**M** = MAXIDEX

**BLACK BOX** = DO NOT USE

<b>Week 1</b>	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Time	T	M	T	M	T	M	T	M	T	M	T	M	T	M
Morning														
Lunch														
Evening														
Bedtime														

<b>Week 2</b>	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Time	M	M	M	M	M	M	M	M	M	M	M	M	M	M
Morning														
Lunch														
Evening														
Bedtime														

<b>Week 3</b>	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Time	M	M	M	M	M	M	M	M	M	M	M	M	M	M
Morning														
Evening														

<b>Week 4</b>	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Time	M	M	M	M	M	M	M	M	M	M	M	M	M	M
Morning														
Evening														