

Pterygium 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 & 4 - 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 5 & 6 - 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:

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

Pterygium Surgery Post-Operative Instructions

The First Night:

You should not experience pain beyond moderate irritation or discomfort, though larger or recurrent pterygia may be quite sore for a few days

- Panadol, Panamax or Neurofen should be all that is necessary to ease your discomfort, but if the pain is worse you will have been given a prescription for stronger pain killers that you can use such as Panadeine Forte
- An ice pack over your closed eye can also help with the pain
- 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 2 bottles of eye drops **Maxidex** and **Tobrex**. These are to be used as instructed on the attached Eye Drop Instruction sheet for 2 months following surgery
- 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

Pterygium Surgery Post-Operative Instructions Continued

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 be the next day after your operation
- Your final post-operative appointment will then be 4 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

Pterygium Surgery Eye Drop Instructions

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

MAXIDEX **(Anti-Inflammatory)**

TOBREX **(Antibiotic)**

Please bring your drops to your post-operative appointments

- Use the MAXIDEX first. After instilling the drop gently close your eyes for a few seconds then open. Wait at least 5 minutes before using the TOBREX
- A good way to space the separate drops is to instil the MAXIDEX before the meal or when getting ready for bed and the TOBREX after your meal and just before you turn the lights out at night
- After 2 months you do not need to use any more drops
- 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

MAXIDEX Eye Drops:

- Instil ONE drop of MAXIDEX into the operated eye 6 times a day (this is about every 3 hours while you are awake)
- The MAXIDEX bottle should be shaken before putting a drop in your eye
- Use the MAXIDEX 6 time per day for 1 month following surgery and then 4 times per day for another month
- The MAXIDEX is important because it stops the pterygium growing back

TOBREX Eye Drops:

- Use the TOBREX 4 times per day for 1 week after surgery and then stop

Pterygium Surgery Eye Drop Dosing Schedule

M = MAXIDEX

BLACK BOX = DO NOT USE

T = TOBREX

Week 1	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Time	M	T	M	T	M	T	M	T	M	T	M	T	M	T
7:00am														
10:00am		■		■		■		■		■		■		■
1:00pm														
4:00pm														
7:00pm		■		■		■		■		■		■		■
10:00pm														

Week 2	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
7:00am														
10:00am														
1:00pm														
4:00pm														
7:00pm														
10:00pm														

Week 3	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
7:00am														
10:00am														
1:00pm														
4:00pm														
7:00pm														
10:00pm														

Week 4	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
7:00am														
10:00am														
1:00pm														
4:00pm														
7:00pm														
10:00pm														

**Pterygium Surgery
Eye Drop Dosing Schedule Continued**

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	M	M	M	M	M	M	M
7:00am							
12:00pm							
5:00pm							
9:00pm							

Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	M	M	M	M	M	M	M
7:00am							
12:00pm							
5:00pm							
9:00pm							

Week 7	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	M	M	M	M	M	M	M
7:00am							
12:00pm							
5:00pm							
9:00pm							

Week 8	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	M	M	M	M	M	M	M
7:00am							
12:00pm							
5:00pm							
9:00pm							