

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

DCR POST-OPERATIVE INSTRUCTIONS

EYE-DROP MEDICATION & SCHEDULE

You have only ONE (1) topical medication to use: CHLORSIG ointment (antibiotic)

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

Apply a small amount of Chlorsig Ointment to your wound/stitches 2x/day using a cotton tip. After your stitches have been removed by Dr Glasson, you may use remaining ointment or unperfumed cream (Vitamin E or Paraffin) to massage your scar gently in circle, vertical, and horizontal motions.

THINGS TO KEEP IN MIND

The following is a guide of what is safe, and not safe to do after your surgery:

1. Medication	ENSURE to use your prescribed eye medication as directed by Dr Glasson, for the duration advised.
2. Eye Hygiene	<ul style="list-style-type: none"> ▪ AVOID soap or shampoo into the eye. Pat dry and keep out of direct shower for 1 week. ▪ Leave the PROTECTIVE DRESSING in place for the first night after surgery.
3. DO's	<ul style="list-style-type: none"> ▪ SLEEP sitting upright or at a 45-degree angle to minimize swelling ▪ Use ice-packs/cold compress on the side of your nose to help reduce swelling or nosebleeds ▪ Keep your MOUTH OPEN when you sneeze ▪ Keep all follow-up appointments: 1-day post-op, 1-week post-op, and 1-month post-op (these will be confirmed by Dr Glasson)
4. DON'Ts	<ul style="list-style-type: none"> ▪ AVOID sustained bending, strenuous activity, or lifting of heavy objects ▪ AVOID swimming for 2 weeks ▪ AVOID any sport where your eye/nose might be knocked ▪ AVOID hot drinks (e.g. tea & coffee) for 48hrs after surgery ▪ AVOID blowing your nose for 2 weeks after surgery (gently wipe instead) ▪ AVOID smoking for 1 week after surgery as this will impair wound healing

IMPORTANT

You should NOT experience any pain beyond some mild discomfort. Panadol or Panamax should be all that is necessary to ease your symptoms.

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

- Severe onset of pain or headache
- Sudden change in vision
- Increase in redness or discharge
- Excessive bleeding from the nose

It is imperative you attend all your post-operative appointments with Dr Glasson following your operation. These appointments will be at either the Terrace Eye Centre, or Oxford Eye Centre: 1-day, 1-week, and 1-month following your operation.

The exact date and time for your post-operative appointments will be allocated by Dr Glasson's secretary.