**Dr. Sonia Ahn Yuen**

**Patient Instructions: Pterygium Surgery**

**Eye Medications**

* You have been prescribed 3 different eye drops**:**

Prednefrin Forte (or Maxidex), Chloromycetin (or Tobrex / Ocuflox) & Acular

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.
* 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.
* How to apply the eye drops:

Look up and gently pull down the lower lid with your finger and then gently squeeze the bottle and instill one drop.

Alternatively, keep the eye closed and instill the drop in the inner corner of the eye and remain still for a minute.

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.
* No restriction on showering but keep the eye dry by not directing the shower water/wash basin waterdirectly onto the eye.

**Eye Protection**

* Avoid accidentally bumping your eye.
* Wear glasses (old glasses, sunglasses—any type will do) by day and the clear plastic shield while asleep for

3 weeks after surgery--the shield may be held in place with micropore or sticky tape.

**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.
* You may experience double vision or tilted vision. This may last up to 24 hours.
* You may notice floaters, lines, or shadows.
* Your eye may be sensitive to light for several weeks.

**Physical Activity**

* No strenuous activity (gardening, lifting heavy objects) for 3 weeks.
* No swimming for 6 weeks.
* Try to NOT bend over and don’t lift heavy objects for 3 weeks.
* No restrictions on reading, watching TV, walking, shopping, etc.
* No restriction on showering but keep the eye dry by not directing the shower water/wash basin waterdirectly onto the eye.

**Contact Dr. Yuen immediately at the respective Clinics in the event of the following:**

* Severe pain or severe blurring of vision.
* Marked increase in the redness of the eye.