



# GLAUCOMA ASSOCIATES OF TEXAS

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## **POST-OPERATIVE INSTRUCTIONS**

### **GENERAL INSTRUCTIONS**

1. You will have mild discomfort following surgery. If you require pain medication we recommend Tylenol every four hours as needed.
2. If you are wearing a patch following surgery leave in place until our staff removes it at your one day post op visit, unless we tell you otherwise.
3. For 1-2 weeks after surgery you may need to wear a shield taped over the operated eye. We will discuss this with you at your post op visits. This is to prevent any pressure on the eye while you are sleeping.
4. Immediately following surgery your vision will be blurry. Depending on the type of surgery you have your vision may fluctuate for several weeks after surgery.
5. If you experience significant pain, visual loss, or excessive discharge, call 214-360-0000. If the office is closed, please leave a message for the on-call staff and your call will be returned.
6. Crusting and debris on the eyelids is common after surgery. Your eyelids can be cleaned with warm tap water and a cotton pad or tissue. Remember that care should be taken not to apply pressure to the eye.
7. You should avoid the following activities: lifting heavy objects (greater than 10-15 pounds), physical exertion, straining while using the bathroom (may require stool softener), hard coughing (may require cough suppressant), washing hair for 48 hours. Discuss with your doctor when normal activities may be resumed. I-Track patients should sleep with head raised.
8. You may resume the following activities immediately: watching television, reading, riding in the car, going out to dinner, bathing, and shaving.

### **USE OF SYSTEMIC MEDICATIONS**

1. If your blood thinners were discontinued prior to surgery, DO NOT RESTART THEM unless instructed by your doctor.
2. DO NOT TAKE Aspirin or Ibuprofen (Advil, Aleve) type medications for five days after surgery, unless instructed by your doctor.
3. You may restart vitamins containing VITAMIN E five days after surgery.
4. All other oral medications should be restarted the same day after your surgery. Follow your usual schedule and dosage.
5. Diabetics should restart their insulin at the same dosage and time once they are able to resume eating.

### **INSTRUCTIONS FOR EYE MEDICATIONS**

1. If you are taking Diamox or Neptazane, ask your doctor whether or not it should be continued. Usually, it is stopped after glaucoma surgery.
2. Continue all drops for the non-operated eye at the same times and dosage.
3. DO NOT USE previous glaucoma drops in your operated eye, unless you are specifically instructed to by your doctor.
4. Antibiotic drops (Polytrim, Zymar, Zymaxid, Vigamox) will be used for 5 to 7 days after surgery.
5. Steroid drops (Pred Forte or Durezol) will be used after surgery for anywhere between 1-3 months.