**Day of Surgery Instructions: Pterygium Surgery**

***Activity:***

* Please do not rub your eye.
* Refrain from strenuous activity.
* Do not swim or use a hot tub or a sauna.
* Do not wear eye make-up.

***Shield:***

* Please keep your eye shield on at all times until it is removed by our technicians tomorrow in clinic. Today is the only time you will have to wear your eye shield during the day.

***Eye Drops:***

* Do not take any eye drops until tomorrow unless asked to do otherwise by your doctor.
* Bring your eye drops to clinic if you have any questions about them.
* Ask your doctor if you should resume taking eye drops that you were taking before surgery, such as glaucoma eye drops.

***Other Medications:***

* Resume taking all of your usual medications.
* **Percocet / Vicodin** **1 pill every 4 hours as needed for pain.** *These pain medications will reduce the pain that you experience from your eye, but they will not completely eliminate the pain.* Do not combine these medications with acetaminophen (Tylenol). Do not combine these medications with alcohol. Do not operate machinery or drive a vehicle while taking pain medications. Stop taking these medications if you experience nausea or if you vomit. Also stop taking them if you become excessively sleepy.

***What to expect:***

* Mild irritation and discomfort are normal.

***The cornea fellow doctor can be reached at 503-413-8202 twenty-four hours a day if you experience any of the above symptoms. Please ask for the “cornea fellow” doctor.***

**Postoperative Instructions: Pterygium Surgery**

***Eye Drops:***

* **Ofloxacin** **1 drop 4 times daily until the bottle is empty,** unless otherwise instructed. Refills are not needed.
* **Prednisolone** ***1 drop 4 times daily* for 1 month**, *then 1 drop 3 times daily* for 1 month, then *1 drop 2 times daily* for 1 month, then *1 drop 1 time daily* for 1 month, unless otherwise instructed. Shake well. You have refills.
* **Preservative free artificial tears 1 drop as often as needed for comfort**. Some patients find these drops to be more soothing when they are chilled. You can store these drops in the refrigerator.
* **Refresh PM ointment at bedtime,** unless otherwise instructed. Do not use if a contact lens has been placed on your eye. You have refills. It is also available over the counter without a prescription.
* *Take eye drops 3-5 minutes apart so that they do not wash each other out. The order of the drops does not matter. Please wash your hands prior to taking the drops. Do not touch the tip of the bottle to your eyelid or any other surface as this may contaminate it. Shake Prednisolone 20 times before using it.*
* *Apply Refresh PM ointment last because the oily consistency can reduce absorption of eye drops. If you have difficulty applying the ointment, try holding the capped tube under warm water or in your hand for a few minutes. This makes the ointment into an oil that is easier to apply. If Refresh PM makes your eyelids crusty in the morning, you can gently wipe your eyelids with a warm, moist towel.*

***Other Medications:***

* Resume taking all of your usual medications.
* **Percocet / Vicodin** **1 pill every 4 hours as needed for pain.** *These pain medications will reduce the pain that you experience from your eye, but they will not completely eliminate the pain.* Do not combine these medications with acetaminophen (Tylenol). Do not combine these medications with alcohol. Do not operate machinery or drive a vehicle while taking pain medications. Stop taking these medications if you experience nausea or if you vomit. Also stop taking them if you become excessively sleepy.

***Activity:***

* Please wear your eye shield at night for 2 weeks then stop. Secure it with tape, forehead to cheek.
* **Do not rub your eye because this could damage your surgery.**
* Stay out of dusty and dirty environments while your eye is healing.
* Refrain from strenuous activity and try not to bend below the waist for 1 week after surgery.
* Do not swim or use a hot tub or a sauna for at least 4 weeks after surgery.
* Shower and wash your face as you normally would, but do not rub your eye.
* Do not wear eye make-up for 2 weeks after surgery.

***What to expect:***

* All eyes are different, but in general you can expect comfort and vision to improve steadily.
* Blurry vision and mild irritation, discomfort, tearing, and redness are normal.
* Stinging with eye drops is normal.
* If a contact lens was placed on your eye, it is usually removed between 4 and 14 days after surgery.
* It is normal for your current pair of glasses or contact lenses to no longer work after you have eye surgery because the surgery changes your prescription. You will be checked for a new prescription between 4-6 weeks after surgery, or when your eye is fully healed.

***Increasing redness, pain, extreme light sensitivity, and decreasing vision are not normal. If any of these symptoms occur, call the doctor on-call at 503-413-8202.***