

1 WEEK BEFORE SURGERY

STOP any Aspirin, Coumadin, Plavix, Vitamin E

1 DAY BEFORE SURGERY



Xibrom (anti -
inflammatory)
2 doses
(morning and evening)

The evening before surgery

Discontinue contact lenses

NO food or drink after midnight. You may take your normal medications (pills) with sips of water.

Remove all eye makeup including eyeliner and mascara

Be certain to have driving arrangements made for the following day. Patients cannot drive home after surgery.

SURGERY DAY (MORNING OF SURGERY)

Please take all medications with a sip of water. Do NOT eat or drink unless otherwise instructed.

Do NOT use any makeup or mascara

Please bring your surgical kit and instructions to the surgical center

Please arrive 45 minutes prior to surgery.

Immediately After Surgery and the First Night:

Remove patch and shield 6 hours after surgery and start medications.

For discomfort, you may use either the pain medications prescribed by your doctor or any type over-the-counter medication (Tylenol, Advil, aspirin, etc.).

If you develop pain that is not managed by these medications, please contact your doctor as instructed below.

Unless informed otherwise, continue to use all prescription medications (both oral and eye drops) as before surgery.

INSTRUCTIONS AFTER PTERYGIUM SURGERY

FIRST WEEK

Tobradex ointment
 $\frac{1}{2}$ inch every 2 hours (while awake)



Xibrom (anti inflammatory)
2 doses/day



AFTER FIRST WEEK

PRED Forte (anti-inflammatory)
4 doses/day



Artificial Tears
4-6 doses/ day



Drops are only for the operated eye and can be used together, in any sequence, if separated by at least 3 min. It is normal that some drops will sting. Close the eye gently for a minute after instilling a drop. "Pred Forte" may leave a harmless white residue in the eyelid corner. Please bring your drops along with this handout with you to each postop appointment.

Activities: No pressing or rubbing the eye for 8 weeks. Wear the eye shield while sleeping for at least 1-2 weeks. Refrain from any eye makeup for 7 days following surgery. You may read and watch TV as much as you would like. You may resume work and driving when you feel ready. **Restrictions will be lifted as you heal.**

CALL IMMEDIATELY if you experience severe pain or sudden loss of vision

Visual Recovery: There is normally much variability in the recovery rate between different patients. Your eyelids may be mildly "droopy" or swollen. This is usually a temporary condition. You may notice that your vision is blurry. If you are not comfortable driving, or operating hazardous equipment, please avoid doing so until your vision is satisfactory. You may notice increased sensitivity to sunlight. Wear sunglasses as needed.

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