



Guidelines Following glaucoma surgery

It may take up to 24 hours for you to have fully recovered from the effects of the sedation or anesthesia given to you during the surgery. Despite the fact that you will be awake prior to discharge your reactions and judgements may be impaired therefore:

- A responsible adult must accompany you when leaving the hospital and stay with you for the first night after surgery.
- You are advised not to drive a vehicle, operate machinery or make important decisions for 24 hours following surgery.
- The use of bus service to travel home is NOT permitted.

Eye Dressing

- DO NOT TOUCH the eye dressing until instructed to do so
- If you have been instructed Tape eye shield over eye at bedtime and remove in the morning. The eye shield is worn for 1 – 2 weeks at night, or as the surgeon advises.

Medications

- Check with your eye doctor before resuming blood thinners
- Resume all other medications as soon as you get home
- Pain may be relieved with medications such as acetaminophen or extra strength acetaminophen
- DO NOT TAKE A.S.A (acetylsalicylic acid) or acetylsalicylic acid-based medications unless you check with your eye doctor.
- If you become constipated use a mild laxative. Straining while having a bowel movement may injure your eye
- Do not use glaucoma drops or any pills (acetazolamide or methazolamide) after glaucoma surgery unless otherwise advised by the surgeon. Instead, use the post-operative drop regimen as instructed.
- If you are using more than 1 eye drop always wait 3 – 5 minutes between each drop
- If you are using eye drops and eye ointment always use the drops first.

Vision

- Improvement in vision varies from person to person, from one eye to another is dependent on many factors
- You may feel like there is “something” in your “eye”. This is normal. DO NOT rub or touch your eye.
- Your eye may tear or water, this is normal, wipe eye gently using a clean tissue.

Activities (activity restrictions are typically in place for 2 – 3 weeks after surgery)

- Avoid environments where dust or dirt is blowing or where other eye irritants such as smoke may be present
- Increase daily activities as the comfort of your eye permits. Rest your eye often.
- You may read, watch TV or do computer work with MODERATION.
- Gently wash around the eye with a clean washcloth and warm water
- Do not get soap or shampoo in your eye
- Do not wear makeup for at least 6 weeks after surgery
- Avoid lifting anything over 10 pounds
- Do not bend over at the waist from a standing position

Follow up

- Please bring all your eye medications to your next eye doctor's appointment
- Discuss with your doctor when you may:
 - Resume driving
 - Resume heavy physical work such as shoveling snow or digging in the garden
 - Resume playing sports, exercising or lifting weights
 - Stop wearing your eye shield at bedtime
 - Renew your eyeglass prescription
 - Lift anything over 10 pounds
 - Resume swimming
 - Resume sexual activity

CALL THE EYE DOCTOR IF YOU HAVE:

- Severe eye pain not relieved by acetaminophen
- Increased redness or swelling of the eye or lining of the eye.
- Any green or pus-like drainage from the eye
- A sudden change in your vision

If you are unable to reach the eye doctor, please return to Misericordia Health Centre, which is open 24/7 for emergency eye care. Enter at the 99 Cornish Avenue entrance and present at patient registration. If you live outside Winnipeg, please visit the nearest health centre.