



Guidelines Following trabeculectomy

Eye Dressing

- Tape eye shield over eye when sleeping (masking tape works well)

Medications

- Resume all your MEDICATIONS as soon as you get home
- Check with your eye doctor before resuming blood thinners
- There is usually minimal discomfort. Mild pain may be relieved with medications such as Tylenol or Extra-strength Tylenol.
- DO NOT TAKE aspirin or aspirin-based products unless you check with your eye doctor.
- If you become constipated, take a mild laxative. Straining while having a bowel movement may injure your eye.
- If you are using eye drops and eye ointment always use the drops first. Wait 3 – 5 minutes then use the ointment.

Vision

- Improvement in vision varies from person to person, and is dependent on several factors
- Avoid environments where dust or dirt is blowing; or other possible eye irritants such as smoke-filled rooms or strong fumes.

Activities

- Gently wash around the eye with a clean washcloth and warm water.
- Do not get soap or shampoo in your eye.
- You may read, watch TV or do computer work as the comfort of your eye permits.
- Rest your eye often.
- Do not rub the eye
- Do not wear makeup for at least 6 weeks after surgery

Follow up

- Please bring all your eye medications to your next eye doctor's appointment
- At your follow up appointment your eye doctor will advise you of the following:
 - When to resume driving
 - When to lift anything over 10 pounds
 - When to resume swimming

- When to resume heavy physical work such as shoveling snow or digging in the garden
- When to resume playing sports, exercising or lifting weights

Call the eye doctor if

- You have severe persistent pain in the eye or forehead which is not relieved by Tylenol.
- You notice a sudden change in your vision
- You notice increasing redness or swelling of the eye or lining of the eye.
- You notice any yellow or green or pus-like drainage from the eye.

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.