

PINGUECULA AND PTERYGIUM REMOVAL AFTERCARE INSTRUCTIONS

- ❑ Your eyelids may be swollen following the procedure. The eyelids will gradually return to their normal appearance.
- ❑ If you had pterygium surgery, your eye may be painful for 24 to 48 hours.
- ❑ You may experience redness, irritation, dryness, watering and scratchiness for several weeks following your procedure.
- ❑ Daily fluctuations in vision are normal. Your eyeglass prescription may need to be changed.
- ❑ A bandage contact lens may be placed on your eye to help reduce any discomfort. It will be removed at your aftercare visit tomorrow. Do not remove the lens yourself. If it falls out, do not replace it.
- ❑ Do not drink any alcohol the day of your procedure.
- ❑ Do not rub the treated eye(s) for 1 week after your procedure.
- ❑ Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for 2 weeks after your procedure. You may shower or bathe freely.
- ❑ You may not wear eye make-up for 24 hours following your procedure. After 24 hours, if you wish to wear mascara or eyeliner, open fresh make-up; old mascara and eyeliner accumulate germs. You may resume wearing the make-up you already have after 1 week.
- ❑ **Medications:**
 - **Please wait 3 minutes between using different eye drops.** It does not matter which drop you use first.
 - **Ofloxacin:** Antibiotic eye drop which helps prevent infection. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 1 week, including the day of the procedure.
 - **Prednisolone Acetate 1%:** Anti-inflammatory eye drop which helps the eye heal. **SHAKE WELL** before each use. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for the first 2 weeks, including the day of your procedure. Then apply it twice a day for 4 more weeks. Many patients notice an unpleasant taste in the back of their throats after using this drop. This is normal and does not last.

- **Artificial Tears:** Lubricant which helps with discomfort. Use as needed for dryness, burning, or irritation, even during the first 4 hours after surgery. Lubricants may crystallize on eyelashes overnight, and can be removed by gently wiping with a clean, warm, moistened washcloth to your closed eyes.
 - **Ambien:** Sleeping medication. Take the Ambien pill we gave you when you get home. You will sleep for several hours. You may use the second Ambien pill to get to sleep tonight if needed. **CAUTION: There have been reports of sleep driving in people taking Ambien.**
 - **Vicodin:** Pain medication. We will give you a prescription for this. Take one pill every 4 to 6 hours as needed for pain. Do not take on an empty stomach as it may cause nausea.
 - **Tylenol, Advil, Nuprin (or your preferred pain reliever):** As needed for discomfort. Do not take more than 1 pain reliever at a time.
- Your 1 day aftercare visit at Maloney-Shamie Vision Institute is scheduled for: _____.
- If you have any problems, we can be reached 24 hours a day by calling **(310) 208-3937**.