

IMPORTANT INFORMATION FOR DR. GUPTA PTERYGIUM SURGERY PATIENTS

Dear patient, this instruction sheet contains valuable information about the medications you must take after your pterygium surgery. Be sure to keep this information handy – place it near the fridge or medicine cabinet.

POST-OP INSTRUCTIONS

You should have the following ointment:

Patient Sticker Here



One application **Maxitrol:**
4 times a day for 4 weeks,

Continue all your regular eye drops (IF you were using eye drops before your surgery).

WHEN USING EYE ointment:

Place small amount (length of rice grain) into eye
Do not touch tip of ointment to eye

1. Fill prescription for ointment if you have not already done so. Use the ointment only during waking hours.
2. DO NOT rub your eye, swim, or immerse your face in water for 2 weeks.
3. Tape shield over eye at bedtime and for naps until instructed to stop.
4. Avoid heavy lifting (over 10 pounds) or straining for one week.
5. Refrain from bending forward to avoid striking your head or eye on anything. You may bend over to put on slippers or shoes.
6. Avoid being close to small children or pets in order to protect the eye from accidental trauma.
7. Your glasses will not be changed until the eye has healed and stabilized (usually 2 months after surgery).
8. It is also normal to feel a mild ache, or a scratchy feeling in your eye. You may use Tylenol and lubricating drops (available over the counter at a pharmacy) to help with this.
9. Take one or two plain Tylenol (if you are not allergic) for mild eye pain – repeat once four hours later if necessary.
10. If severe eye pain persists after using Tylenol call the office (613-480-6258) or go to the nearest hospital emergency room
11. You may have double vision after the eye patch is first removed and with ointment in the eye. This is normal and will disappear by itself.
12. Continue with the above instructions until your next follow up appointment.
13. Bring your eye drops, instruction sheet and your glasses to all appointments. Your next appointment is at the office:

Unit 102, 121 Dundas Street East, Belleville at _____