



Dr. Michael Ashenhurst & Dr. Vivian Hill

Eye Physicians & Surgeons

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(Surgical Booking)

Pterygium Post-operative instructions:

After your surgery you will leave with an eyepatch in place. Do not remove the pad the surgeon positioned after your surgery, however you can add another pad on top if it becomes moist. The pad will be removed at the office the following day.

Take Tylenol if needed to ease discomfort. Do not take Aspirin or any other products containing aspirin (ASA). Take one Ativan or Imovane at bedtime, if needed, to help you sleep.

The following day you will be seen in the office for your surgeon to check on the eye. After your checkup you can start using the ointment in your operated eye only. Keep the eye covered with a pressure pad as advised by the doctor, removing it only to put the medication in your eye. Replace the pad after each medication application.

Tobradex ointment is used twice daily.

We recommend the following for the first week:

- Never rub the eye. It is normal for the eye to feel irritated.
- Always wash your hands before instilling eye medication.
- Cover your eye to keep water or soap out when bathing, showering, or washing your hair.
- Keep your eyelids and lashes clean.
- Avoid hair spray and makeup.

It is safe for you to gradually resume regular activities after the first week, remembering to avoid unnecessary irritation. Following surgery, your eye will appear very red and may feel gritty for several weeks. These after-effects will subside gradually as healing progresses. You may also experience a change in vision, depending upon the size and location of the pterygium.

Call us immediately if you experience any of the following:

- **Significant persistent pain**
- **Loss or decrease in vision, especially if sudden**
- **Excessive redness or colored discharge from the eye**

**If you have any concerns, you can call the office during office hours 403-245-3171.