

Department of
OPHTHALMOLOGY

EYE MUSCLE SURGERY POST-SURGERY INSTRUCTIONS



EYE MUSCLE SURGERY

POST-SURGERY INSTRUCTIONS

This brochure provides key information on ways to care for yourself after you have undergone pterygium surgery. Taking these precautions may help to reduce risks and complications.

The time frames stated below are an estimated guide, which may differ from patient to patient. Always clarify any doubts with your doctor.

THE FIRST FEW DAYS AFTER SURGERY

WHAT TO EXPECT

- Blood-stained tears initially, which should quickly subside.
- Some eye discomfort and mild pain, settling over 1 – 2 weeks. Oral painkillers can be taken as needed.
- Some eye redness and eyelid swelling is expected. These symptoms will subside over 2 -3 weeks.
- Vision may be blur or double initially. This will steadily improve over 2-4 weeks.
- Clinic visits: One visit on the next day right after the surgery, then once or twice in the next few weeks.

WHAT MUST I DO

- Take all medications as prescribed.
- Apply the eye drops/ ointment as instructed. Refer to the section on “EYE DROP AND EYE OINTMENT APPLICATION TECHNIQUE”).
- Clean your eyes as instructed twice daily with moistened sterile/clean cotton balls. Cotton balls can be moistened with sterile saline or cool boiled water.
- Apply cold compress (first 3 days) to reduce swelling and discomfort. You can put crushed ice or ice-cold water into plastic zip “baggies”, and then place it over a washcloth or clean gauze draped lengthwise across the operated eyes. Alternatively you can use frozen peas in plastic bags (available in supermarkets) instead of ice. Do not use commercially available ice packs, which may be too heavy. Apply the cold compresses for about 10- 20 minutes every hour or so.

- **Sleep with your head mildly elevated (first 3 days) to minimise bruising and swelling.**
- Rest at home for the first 3 days.
- The following activities are safe: reading, computer work and watching television as tolerated.
- There is no dietary restriction. Take plenty of fruits and vegetables to avoid constipation.

ABOUT 2 WEEKS AFTER SURGERY

WHAT TO EXPECT

- Eye discomfort should have lessened.
- Blurred and double vision getting better. Vision becomes more stable.
- Your doctor will slowly decrease your eye drops over the next few weeks.
- You can resume most other activities once you feel ready.

WHAT MUST I DO

- Continue with the routine of taking oral medications, applying eye drops and cleaning your eyes, according to your prescription.

ABOUT 4-6 WEEKS AFTER SURGERY

WHAT TO EXPECT

- Your eye should feel more comfortable.
- There may be removal of sutures (surgical stitches) in some cases.
- New glasses may be prescribed 6-10 weeks after surgery if necessary.
- Your squint specialist will slowly decrease your eye drops.
- You should decrease physical activity but light exercises such as walking are safe.

WHAT TO AVOID AFTER SURGERY

FOR UP TO 1 WEEK

- Avoid crowded and dusty places.

FOR UP TO 2 WEEKS

- Coughing or sneezing too hard.
- Work. Hospitalisation leave is usually given.

FOR UP TO 4 WEEKS

- Rubbing/placing pressure on the eye or closing it too tightly.
- Water/soap entering the eyes. If this occurs, wash it out by instilling the eye drops prescribed.
- Swimming and hot tubs.
- Carrying children who may accidentally poke your eye.
- Lifting heavy objects or bending over at the waist. If necessary, when picking up something from the floor, do it with a straight back and take care not to knock the head while standing up.
- Strenuous physical activities, e.g. jogging, tai-chi, badminton.

SUBJECT TO YOUR DOCTOR'S ADVICE

- Driving or riding a bike.

A NOTE ON MEDICATIONS

- Eye drops and all medications are to be taken as prescribed. Please refer to the section on "EYE DROP AND EYE OINTMENT APPLICATION TECHNIQUE".
- You may continue to take most other oral medications upon discharge.
- However, please note that **aspirin, anticoagulants and other antiplatelets** can be taken only after consulting your surgeon.

EYE DROP AND EYE OINTMENT APPLICATION TECHNIQUE

EYE DROP APPLICATION

Apply eye drops using the following technique:



1 Wash your hands before applying eye drops and touching the eye.



2 Use cool, boiled water or sterile saline to gently clean the eyelids (whenever the eye feels sticky) with a sterile cotton ball.



3 Shake the bottle and remove the cap.



4 Hold the bottle close to the eye without touching the eyelid or eyelashes.

Tilt your head back, look upwards and pull the lower eyelid down. Instill one drop into the eye.



5 Close the eye. Do not rub the eye. Gently dab off any excess eye drops.

EYE OINTMENT APPLICATION



1 Remove the cap from the tube of ointment.



2 Hold the tube close to the eye without touching the eyelid or eyelashes. Tilt your head back, look upwards and pull the lower eyelid down. Squeeze a 1 cm ribbon of ointment into the eye and close the eye. Do not rub the eye. Gently dab off any excess ointment.

OTHER POINTS ON EYE DROPS & EYE OINTMENTS

- Keep eye drops and eye ointments in a cool place.
- If more than one type of eye drops are to be applied to the same eye, wait **3 to 5 minutes** before instilling the next eye drop.
- In general, eye medications need to be instilled during waking hours only.
- All bottles of eye drops or tubes of eye ointment should be discarded a month after opening.

WHAT TO DO IN AN EMERGENCY?

Please call us at Tel: 8126 3632 during office hours if you experience the following:

- **Significant pain, redness or blurring of vision**
- **Severe swelling or excessive** discharge from the eye

Office hours:

- Monday – Friday: 8am – 5pm
- Saturday: 8am – 12pm
- Sunday & Public Holidays: Closed

After office hours, you are advised to seek treatment at the Emergency Department (A&E) at Basement 1, Tan Tock Seng Hospital.

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