



PTERYGIUM with GRAFT SURGERY

- ◆ If you currently take anticoagulants or any other blood thinning medications, **DISCONTINUE** taking blood thinners and aspirin 7 days prior to your surgery date.

THE EVENING BEFORE SURGERY

- ◆ NOTHING to eat or drink, no gum or candy, and no smoking after midnight the night prior to surgery! (except small sips of water for medications only)
- ◆ Prepare a list of all medications that you are currently taking including milligrams and dosage, along with all insurance cards, to bring with you to the surgery facility.
- ◆ You must arrange for a responsible adult drive you to the hospital and home afterward. You may take a taxi, but you must have a responsible adult (someone other than the taxi driver) accompany you home. If you do not have a responsible adult with you at the time you are discharged, your surgery will be cancelled. Time spent at the hospital may vary for each individual but usually ranges between 2 and 3 hours.

THE DAY OF SURGERY

- ◆ Wear simple, comfortable clothing and flat shoes. Shirts that button down the front are preferred.
- ◆ Do not wear jewelry and/or makeup to the surgery facility.
- ◆ If you are diabetic, do not take any diabetic medications the day of surgery. Bring them with you to the hospital and they will administer after the surgery.
- ◆ If you normally take medications in the morning for high blood pressure, seizures, breathing problems, or heart problems, take them the morning of surgery with small sips of water.

AFTER SURGERY

You will be given a prescription for Tobradex ointment **OR** Tobradex drops when you return to the office the day after your surgery. Start the medication as follows:

- ◆ **Tobradex ointment: Apply small amount to inside of your lower lid of the surgical eye, 4 times a day (Do not touch tube to eye lid)**
- ◆ **Or Tobradex eye drops: 1 drop to surgical eye, 4 times a day**
- ◆ For discomfort, you may use either the pain medications prescribed by your surgeon or any type over-the-counter medication (Tylenol, Advil, aspirin, etc.) If you develop pain that is not managed by these medications, please contact someone as instructed below.
- ◆ Unless told otherwise, continue all prescription medications (both oral and eye drops) as before surgery.
- ◆ If your eyes feel dry or gritty, please use artificial tears. You may use them up to every 1-2 hours. Your doctor recommends Systane®, Optive ® Refresh, Bion tears, Refresh Liquigel®, and Genteal® tears.
- ◆ Unless instructed otherwise, please continue all other medications (pills, eye drops, etc.) as before surgery.

ACTIVITIES

- ◆ Do not rub your eyes under any circumstances for at least 2 weeks.
- ◆ Wear protective glasses at times when you may be at risk to be struck in the eye (children, pets, etc.)
- ◆ Your vision may be somewhat blurred. This will usually clear within several days.