

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.



WOLSTAN & GOLDBERG EYE ASSOCIATES

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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.