



STONY POINT
SURGERY CENTER

8700 Stony Point Parkway, Suite 100
Richmond, VA 23235
(804) 775-4500

Patient/Representative

MD/Nurse Signature

Date

INSTRUCTIONS FOR HOME CARE AFTER GLAUCOMA SURGERY

The successful operation will depend, in some part, on how careful you are about caring for your eye once you are home. The following are general guidelines to help you properly care for your eye during the recovery period. Your physician may want to add some special instructions to suit your individual needs. And since this guide is meant to supplement, not substitute for, your doctor's personal care, please feel free to call on him if you have any questions.

EYE PROTECTION:

Remember that you have a healing wound in your eye; it should be carefully protected. For this reason it is important for the next few weeks (depending on the wishes of your doctor) to keep some protection in front of your eye at all times.

- During the day, dark glasses will protect your eyes from injury and bright light. If you prefer to wear your regular glasses, you can protect against glare by placing adhesive tape on the back of the lens on the side of the operated eye.
- At night, or while napping during the day, always wear your protective shield to avoid accidental injury. Even with the protection of the shield, you should not sleep on the side of your operated eye until your doctor tells you it is safe for you to do so.

EYE CARE:

Since it may be difficult for you to care for your eye yourself, it is preferable to have someone else help you with it.

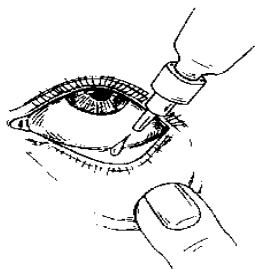
- Your eyelids may be cleaned very gently each morning and night with a sterile cotton ball or a clean washcloth that has been moistened with lukewarm water. This will remove any secretions that may have accumulated. Make sure not to exert and pressure on the eye, particularly on the upper lid.

MEDICATION:

The medication scheduled has been designed to fit your needs. Be sure to follow the instructions carefully.

- Put ____ drops of _____ in the operated eye ____ times a day.
- Put ____ drops of _____ in the operated eye ____ times a day.
- Put ____ drops of _____ in the operated eye ____ times a day.

Drops should be put into the space between your eyeball and your lower lid. To do this properly, you, or whoever is helping you, should place a finger on your cheek, just under your eye, and gently pull down until a "V" pocket is formed between your eyeball and your lower lid. A mirror will be helpful if you are doing this alone. Be very careful that the tip of the dropper bottle does not touch the eyeball at any time.



ACTIVITIES TO AVOID:

It is important that you do nothing that will interfere with the healing of the wound. Your common sense will generally tell you what activities might put too much strain on your eye. Your doctor will let you know how long you should continue to be careful.

- Avoid bending over in the direction of your feet. If you must pick something up, bend your knees and keep your head above your shoulders. Learn to tie your shoelaces, put on your sock or stockings, ect., without bending over.
- Avoid straining (pulling on difficult garments and lifting or pushing heavy objects). If you have trouble with coughing, vomiting, or constipation, let your doctor know right away.
- Vibrations and jostling should be avoided, so be cautious about riding in cars or using a toothbrush. If you have any questions, ask your doctor.
- Squeezing your eyelids together tightly puts pressure on your eye and should be avoided. This could happen while putting in eye drops or while laughing, crying, talking, sneezing or coughing.
- No sexual activity for three weeks.
- Do not wear contact lenses.
- Do not use eye makeup.
- Do not swim underwater.
- Do not rub your eye.
- Avoid getting soap or shampoo in your eye.
- Be especially careful not to fall or bump into things while going up and down steps, sitting on chairs, or going through doors. Remember objects look closer to you than they actually are
- Don't drive the day of surgery or while taking narcotic pain medications.
- Do not drink alcoholic beverages for the next 24 hours or while taking narcotic pain medications.
- Do not make any important decisions or sign important papers for 24 hours.

ACTIVITIES PERMITTED:

Reasonable activity is good for you, but again your common sense should be your guide. Only you know when you have had enough.

- Walking is all right. Some TV or reading will not hurt your eyes, but be sure to stop when you begin to feel tired.
- Reading is permitted.
- Combing or brushing your hair gently is permitted.
- Showers are permitted after the first day.
- Resume your usual diet. Notify your physician if nausea or vomiting occurs.
- You may resume taking any drugs prescribed to you before your operation by your Internist or General Practitioner. Ask your doctor before taking Aspirin or blood thinner.

WHEN TO CONSULT YOUR DOCTOR:

If you have any questions about your eye or its care, or if a question occurs to you during your convalescence, do not hesitate to call your doctor's office. Remember that a scratching sensation from the stitches is to be expected. On the other hand, any sudden changes, such as an unusual amount of pain, swelling, increase or decrease in vision or increase in discharge, should be reported to your doctor immediately.

ADDITIONAL INSTRUCTIONS: