

Pterygium Surgery

Getting Ready

Please schedule a pre-operative exam **within 30 days** before your surgery date. You cannot have surgery without this exam.

Any medicine that you will need will be faxed to your local pharmacy. Pick up a few days before surgery.

Your surgeon may ask you to begin using an antibiotic drop before surgery. If so, one will be prescribed for you. Do not touch the tip of the bottle with your finger or to your face or eye. If you have been given a bottle of steroid eye drops, you will be given the instructions for its use after your surgery.

Take your usual medicines the morning of your surgery. You may have a small sip of water unless told otherwise.

Blood thinners such as aspirin, Plavix, or Coumadin should be stopped before surgery. Discuss this with your surgeon or surgery coordinator.

Bring all your eye medicines with you to your surgery.

Expect to be at the surgery center for 4 – 5 hours. You must have someone take you home after surgery. They must stay with you overnight and bring you to your visit the next day.

Caring for Yourself After Surgery

- **Do not rub your eye.**
- Wear the metal eye shield when sleeping to protect the eye. If you wear glasses, wear them during the day. If not, wear the metal shield. You need to wear the shield for one

week. Wearing dark glasses may help the eye feel more comfortable.

- Avoid strenuous activity and heavy lifting (over 20 pounds) until cleared by your doctor. Walking will not harm the eye. Go slowly and do not strain the first week. Depth perception is impaired while wearing an eye patch. Be careful on stairs. Do not drive until cleared by your doctor. Sex may be resumed as soon as you are ready.
- You may have dull pain, aching, or a scratching feeling in your eye. You may take acetaminophen (Tylenol[®]) for relief or have your narcotic medicine filled. If your pain is not controlled by these medicines, call your doctor.
- Fill your eye drop medicines. Start using them either when you get home or the next day as you have been instructed.
- You may shower or bathe as usual. Be careful not to get soap into your eyes.
- You can watch TV or read as it will not harm the eye.

When to Call

- An increase in swelling or redness.
- Any increase in pain or discharge from the eye.
- A decrease in vision.
- Nausea or vomiting.
- Any questions or concerns

Who to Call

University Station Eye Clinic

8 am to 4:30 pm, Monday through Friday

(608) 263-7171

When the clinic is closed, your call will forward to the operator. Ask for the “eye resident on call”. Give your name and phone number with area code. The doctor will call you back.

If you live out of the area, call

1-800-323-8942 and ask to be transferred to the above number.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2020. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7009