

## Pterygium Surgery

This *Health Facts for You* reviews how to plan for your pterygium surgery. Please follow these instructions as stated.

### Before Surgery

#### Pre-Op Visit

Please schedule this visit **within 30 days** before your surgery date. You cannot have surgery without this exam.

#### Medicine

Any medicine that you will need will be sent to your local pharmacy. Pick this 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. **Bring all your eye medicines with you for surgery.**

#### Surgery

Expect to be at the surgery center for 4 to 5 hours.

You must have someone take you home after surgery who can stay with you overnight and bring you to your visit the next day.

### After Surgery

#### Eye Protection

**Do not** rub your eye. Wearing dark glasses may help the eye feel more comfortable.

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.

Fill your eye drop medicines. Start using them either when you get home or the next day as you have been instructed.

#### Pain

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.

#### Activity

**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 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**

Call the clinic for:

- 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

Monday to Friday, 8 am to 4:30 pm

**(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.

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 © 11/2024. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7009