

PTERYGIUM EXCISION WITH CONJUNCTIVAL AUTOGRAFTING SURGERY

DO NOT EAT FOR 8 HOURS BEFORE YOUR SURGERY

Leave your patch and shield in place until tomorrow's visit to Santa Monica Eye Medical Group.

MEDICATIONS

1 Antibiotic (Tan Top)



Vigamox (or generic Moxifloxacin)

Start 2 days Prior to your Procedure and Continue for 1 Week After
1 Drop, 4 Times a Day

2 Steroid Drop (White or Pink Top)



Durezol

Start Tomorrow After Doctor has Examined Your Eye
1 Drop Every 2 hours While Awake for 1 Week
Then 1 Drop 4 Times a Day Until Otherwise Directed

1. A good way to remember is to use your drops at breakfast, lunch, dinner, and bedtime. Make sure to shake the bottles prior to use and wait five minutes in between eye drops.
2. The doctor may increase the frequency of the Durezol after evaluating you tomorrow.
3. Continue to use all other eye drops that you were using before surgery, unless otherwise - directed by the doctor.
4. Tylenol (2 extra strength tabs every 6 hours), aspirin (two tabs every 6 hours) or ibuprofen (600 mg every 6 hours) should be adequate for controlling discomfort.
5. You should also use artificial tear lubricants at least 4 times a day in the operative eye. It is best to use non-preserved artificial tears that are available in single use vials. These are available over the counter.

ACTIVITY

1. Rest today.
2. You can bathe, shower, shave and wash your face the day after surgery. Keep your eyes closed when washing your face. When drying your face with a towel, pat gently.
3. Do not drive a motor vehicle, operate heavy machinery, or drink alcohol for the next 24 hours.
4. Avoid contact sports, swimming, hot tubs and other activities that might cause eye injury for the next 4 weeks.
5. You may return to work the day after surgery if it is in an office setting. It's likely to be uncomfortable (e.g., sensation of something in the eye) and red for about 2 weeks, becoming less bothersome as time goes by.
6. Please ask Doctor if there are any activities that you are unsure about.
7. You may wear make-up on your face such as lipstick and powder the day after surgery, but eye make-up should be avoided for 1 week.

DIET

There are no dietary restrictions during the post-operative period.

EYE PROTECTION

1. If you have glasses or sunglasses, you should wear them during the day.
2. All patients should wear the shield over the operative eye when sleeping at night or napping during the day for 1 week.

FOLLOW-UP

Tomorrow morning you will return to Santa Monica Eye Medical Group for your post-operative day 1 visit. You should bring your eye drops and eye care kit with you tomorrow.

IMPORTANT SIGNS/SYMPTOMS

Call office (310-829-5475) if you experience any of the following:

1. **excessive pain**
2. **decrease in vision**
3. **significant or increasing redness in the eye**