SANTA MONICA EYE MEDICAL GROUP

**Text/Call our office at (310) 829-5475**

# PTERYGIUM EXCISION WITH CONJUNCTIVAL AUTOGRAFTING SURGERY

**DO NOT EAT FOR 8 HOURS BEFORE YOUR SURGERY**

**Leave your patch and shield in place until 1 Day follow up in our office. After your visit, start both Drop #1 and Drop #2 with the following instructions below.**

## MEDICATIONS

## 1

**Antibiotic**
**(Tan Top)**

**Vigamox (or generic Moxifloxacin)**
1 Drop, 4 Times a Day

## 2

**Steroid Drop**
**(White or Pink Top)**

**Durezol**
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. You can take Tylenol (2 extra strength tabs every 6 hours), aspirin (two tabs every 6 hours) or ibuprofen (600 mg every 6 hours) for controlling discomfort.
3. 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. It is suggested to rest after your procedure.
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

The morning after your procedure, you will return to Santa Monica Eye Medical Group for your post-operative day 1 visit. Please bring your eye drops and eye care kit with you.

## IMPORTANT SIGNS/SYMPTOMS

**Call/text 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**