



Ophthalmology  
Associates  
of the Valley

## POSTOPERATIVE INSTRUCTIONS AFTER GLAUCOMA SURGERY

Now that your glaucoma surgery is over, we want to make every effort to ensure a good outcome. Following the instructions on this sheet for the next 24 hours to minimize the risk of complications.

### Eye Care:

- **Do not remove the eye shield:** Leave the patch and shield on until someone in our office removes it tomorrow morning.
- **Wear sunglasses or regular eyeglasses while up and about during the first 2 weeks after surgery.**
- **Cover the operated eye while sleeping with the plastic shield for 2 weeks after surgery.**
- **Avoid sleeping on the operated eye. Sleep on your back or the other side if possible.**
- **Remove the discharge from the eyelids after sleeping by gently wiping them with a clean moist washcloth.**
- **Use medications according to directions.**
- **Always wash your hands before eye drops are placed in your eye.**
- **Some drooping of the eyelid is not uncommon during the first few weeks following surgery.**

### Daily Activities:

- **Do not bend your head below your waist:** The pressure in the operated eye goes up if your head is placed below your waist.
- **Do not lift anything heavy:** Lifting heavy objects raises the pressure in the operated eye. Try also to avoid excessive straining or coughing.

- **Read or watch television as desired.**
- **Resume your normal diet of food and beverages.**
- **Brush your teeth and comb your hair normally.**
- **Men may shave normally.**
- **Shower or wash your hair normally, but during the first week after surgery, avoid getting water or soap in the operated eye.**
- **Walk normally, but avoid straining or lifting anything more than 10 pounds for 3 weeks after surgery. Light exercise is permissible.**
- **Sexual relations may be resumed 2 weeks after surgery.**
- **Increase activities progressively between 2 and 4 weeks after surgery.**
- **Resume a full, normal life without restrictions 4 weeks after surgery.**

## **Eye Pain:**

Most patients do not experience significant eye pain following surgery. However, you should expect to have some irritation, foreign body sensation, itching and mild to moderate soreness. This is normal. If you do experience any mild pain or discomfort, you may wish to take 1-2 Tylenol tablets.

## **Emergencies:**

In the majority of patients, recovery is uneventful. However, if you experience significant pain, loss of vision, flashing lights in the operated eye, or any other symptoms that cause you concern, please call our office at **(818) 990-3623** and ask for the doctor or the on-call ophthalmologist.

## **Postoperative office visits:**

It is very important to keep all postoperative appointments with your doctors scheduled. **Please remember to bring all eye medications** to your postoperative visits. Your first postoperative visit will be tomorrow morning.