

INSTRUCTIONS AFTER GLAUCOMA & COMBINED CATARACT / GLAUCOMA SURGERY

Your **next day** appointment is on: _____ Time: _____ AM/PM

- LOCATION: GEM Clinic: Unit 221-2025 Corydon Ave, Winnipeg
 Misericordia Health Centre – Eye Clinic on 2nd Floor
 Misericordia Health Centre – Ward on 3rd Floor

Your **1 week** appointment is on: _____ Time: _____ AM/PM

- LOCATION: GEM Clinic: Unit 221-2025 Corydon Ave, Winnipeg
 Misericordia Health Centre – Eye Clinic on 2nd Floor
 Misericordia Health Centre – Ward on 3rd Floor

INSTRUCTIONS:

- Take your patch and/or shield off in about five (5) hours. Wear your shield at bedtime for one (1) week. Clean your shield daily with soap and water.
- Start your post-operative drops in about 5 hours. **STOP** any glaucoma drops in the **OPERATED EYE ONLY** (unless otherwise indicated). **STOP** any pills for glaucoma (unless otherwise instructed).
- If you were taking any blood thinners, you may restart them in three (3) days after surgery (unless otherwise indicated).
- If you have glasses or sunglasses, wear them to protect your eyes during the day. You will need to get your glasses adjusted by your optometrist in about 8 to 12 weeks after surgery.
- Take plain Tylenol for any discomfort. Avoid Aspirin or Advil for three (3) days after surgery.
- If you have **severe pain, loss of vision, nausea, vomiting or headache**, call Dr. Rahman's office at (204)992-4000. After hours, call Misericordia at (204) 774-6581.

ACTIVITIES:

- DO NOT RUB your eyes.
- Stay out of direct sunlight, dusty environments, and avoid swimming for 1 week after surgery.
- Gently wash your face and avoid getting water directly into your operated eye for three (3) days. You may gently tap the eye with a warm, wet, clean tissue to remove debris.
- Avoid washing your hair for at least three (3) days after surgery. When you resume washing, avoid getting shampoo into your operated eye. Avoid eye make up for 1 week after surgery.
- Do NOT lift heavy objects, perform vigorous activities or exercise, bend (from standing position), strain or have sexual intercourse, and use a stool softener if constipated for 2 weeks (unless otherwise indicated).
- 4-6 weeks off work is recommended.
- You will be instructed when it is okay to drive.
- Due to the need for frequent follow-ups, vacations are not recommended after glaucoma surgery for at least 6-8 weeks (unless otherwise indicated).
- Avoid dental appointments for 1 month.

****PLEASE TURN OVER FOR DETAILED EYEDROP INSTRUCTIONS****



Dr. Jennifer W. Rahman – Eye Physician and Surgeon

Glaucoma & Eye Management Clinic

Unit 221 – 2025 Corydon Avenue, Winnipeg, MB, R3P 0N5

Phone: (204) 992-4000 - Fax: (204) 992-4006

EYE DROP INSTRUCTIONS AFTER SURGERY

- Discontinue your glaucoma drops in the **OPERATED EYE ONLY** (including any pills for glaucoma) and start the new drops listed below in about 5 hours after surgery.
- Wait at least 2 minutes between each drop.
- Dry your eye by gently tapping it with a clean tissue. **DO NOT PRESS ON YOUR OPERATED EYE.**
- Take drops in the **ORDER** they are listed.
- On the day of surgery, you may only be able to use 2-3 doses. Start the full regimen the next day.
- You may take over the counter lubricating drops as needed.



1. **VIGAMOX**®: This is an antibiotic to prevent infection.

Put one (1) drop three (3) times per day for two (2) weeks in operated eye.

STOP on _____



2. **PRED FORTE**® (prednisolone 1%): This is a steroid to decrease the inflammation in the front of the eye and prevent scarring.

Put one (1) drop every two (2) hours **while awake** for two (2) weeks in operated eye.

On _____, use four (4) times per day for one (1) month.

On _____, use three (3) times per day for two (2) weeks.

On _____, use two (2) times per day for two (2) weeks.

On _____, use once (1) daily in the morning for two (2) weeks.

STOP on _____



3. **NEVANAC**®: This is a non-steroidal anti-inflammatory (NSAID) to decrease the inflammation in the back of the eye.

Put one (1) three (3) times per day for two (2) weeks in operated eye.

STOP on _____



4. **ATROPINE**®: This is a dilating drop that relaxes the eye and makes the pupil large. (The dilating effect may last 2 weeks or more after stopping this drop).

Put one (1) drop in the morning for two (2) weeks in operated eye.

STOP on _____