

Glaucoma Surgery Post-operative Care & Advice



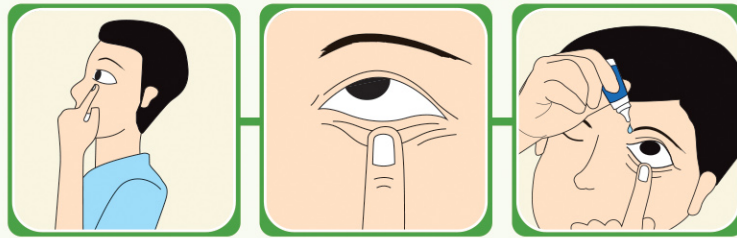
Singapore National
Eye Centre

SingHealth

www.snec.com.sg

DO's

- 1** Apply post-operative eye drops (antibiotics/steroids) as instructed.
Check with doctor if you need to continue the glaucoma eye drops prescribed previously



- 2** Put on eye shield while sleeping (for at least 3 weeks, then check with doctor)



- 3** Perform eye cleaning (1 week)



- 4** No food restrictions



- 5** Driving (check with doctor)



- 6** Allowed to travel



- 7** Can watch TV



- 8** Can do computer work



- 9** Can do near work (e.g. reading / writing / needlework)



- 10** Simple cooking is fine (no deep frying)



- 11** Shower / bathe but avoid water entering eye



- 12** Gardening after 2 months



- 13** Inform doctor if you have persistent cough or constipation



DON'Ts

1 Don't rub / press on eye



2 Don't apply eye make-up (1 month)



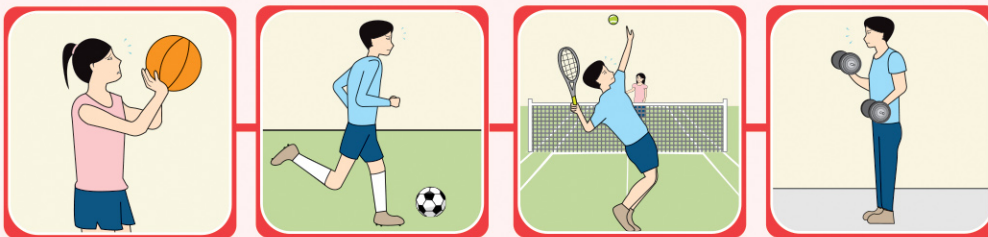
3 Don't splash water into the eye (1 month)



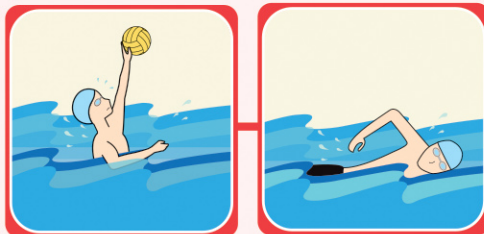
4 Don't bend forward, do heavy lifting or heavy pushing (1 month)



5 No strenuous exercise / sports (1 month)



6 Avoid water sports and swimming (check with doctor)



7 No contact lens (check with doctor)



IMPORTANT INFORMATION:

- After glaucoma operation, you may experience the following symptoms for a few days to a week:
 - Itchy / sticky eye / gritty feeling / “sandy” feeling and blurry vision
 - Eye may be red or slight aching over eye area or bruising of the eye or eyelid
- Whilst it may be normal to experience some flashes immediately after surgery and occasional floaters, a sudden significant increase in floaters should not be ignored but requires urgent medical attention
- Should you experience or notice any of the following symptoms, please seek medical attention immediately:
 - Decrease in vision
 - Excessive discharge from operated eye
 - Sudden increase of floaters or flashes
 - Red eyes (increasing redness / pain)
- You may contact SNEC for assistance at the following numbers:
 - During office hours at 6227 7266 (Appointments)
 - After office hours at 6532 4865 (Answering Service)

For urgent consultation after office hours, Sundays and Public Holidays, please proceed to Singapore General Hospital Accident and Emergency Department (SGH A&E), which is located at Block 1.

Singapore National Eye Centre

11 Third Hospital Avenue, Singapore 168751

Appointments: (65) 6227 7266 Email: appointments@sneec.com.sg Website: www.sneec.com.sg