

# Pterygium Surgery Post-operative Care & Advice



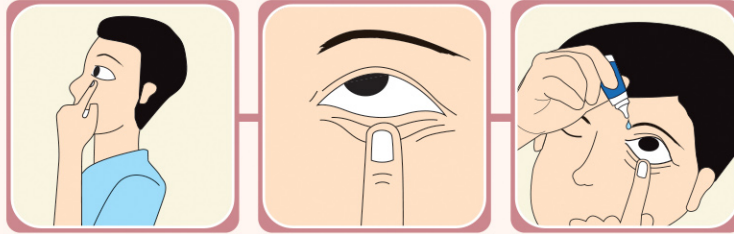
Singapore National  
Eye Centre

SingHealth

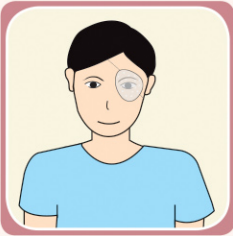
www.snec.com.sg

## DO's

**1** Apply eye drops (1 month)



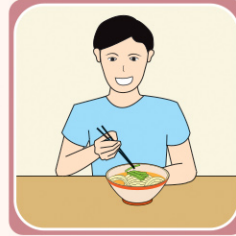
**2** Put on eye shield  
(while sleeping for 2 weeks)



**3** Perform eye  
cleaning (1 week)



**4** No food restrictions



**5** Able to drive  
(after 1 week)



**6** Wear sunglasses when  
outdoors (2 weeks)



**7** Allowed to travel  
(unless otherwise instructed)



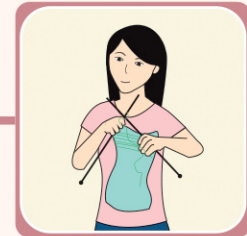
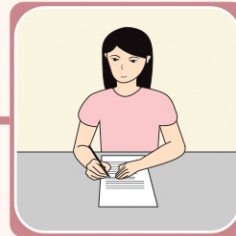
**8** Can watch TV



**9** Can do computer work



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



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



**12** Simple cooking is fine  
(no deep frying)



**13** Use your eyes!



# DON'Ts

**1 Don't rub / press on eye**



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



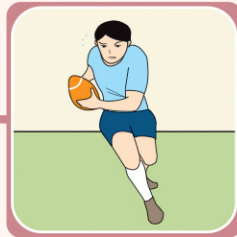
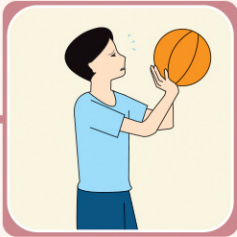
**3 Don't splash water into the eye (1 month)**



**4 Don't bend forward and do heavy lifting (2 weeks)**



**5 Avoid exercising and contact sports (1 month)**



**6 Avoid swimming (1 month)**



**7 Avoid crowded and dusty environment (1 month)**



**8 Avoid strenuous work (2 weeks)**



**9 Avoid gardening (1 month)**



**10 Don't remove bandage contact lens on your own**



## IMPORTANT INFORMATION:

- Following pterygium operation, you may experience :
  - Soreness and pain for the first 24-48 hours over the eye or eyelid
  - Itchy / sticky eye / gritty feeling / “sandy” feeling and blurry vision
  - Eye may be red for about 2-6 weeks
  - Tearing is common for the first 1-2 weeks
- 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)
- Should you experience or notice any of the following symptoms, please seek medical attention immediately:
  - Increased tearing
  - Redness of the eye
  - Sudden drop in vision
  - Sudden pain and discomfort of the eye

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](mailto:appointments@sneec.com.sg) Website: [www.sneec.com.sg](http://www.sneec.com.sg)