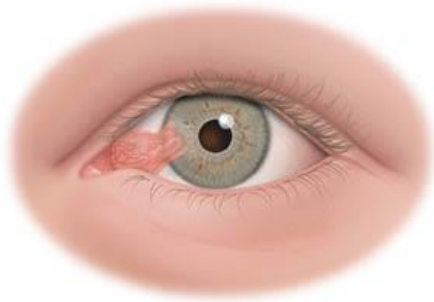


Shiraz University of Medical Sciences

Shahid Dastgeyb hospital



After pterygium surgery

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Corroborant: Dr. Hossein Jamali

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- Avoid strenuous activity or heaving lifting for 1 week. Make sure to wear your protective sunglasses when going outside.
- You may shower or wash your hair the next 5 days. Avoid getting soap in the operative eye, if you do rinse with artificial tears immediately.
- No eye make-up for 3 weeks. We recommend you purchase new eye make-up after surgery.

**CALL THE OFFICE
at +989177142847 if you
have any questions**

**Reference: Collins VISION Eye
Centre**

Without pain relief pterygium surgery can be very painful.

It is wise to take your pain tablets “by the clock” to avoid pain occurring. Preventing pain is easier than treating pain.

Acetaminophen 1 tablet Every 4 hours, maximum 8 tablets every 24 hours

Emergencies

If you have any pain or blurring THAT INCREASES over a day, at any stage after your surgery.

Activity:

- Eat a light meal after surgery.
- Use eye shield at bedtime or napping for 1 week following surgery.
- Take a nap when you arrive home.
- Refrain from driving or operating hazardous equipment after surgery.
- No swimming for 2 weeks.

- Decreased vision

Eye drops

Eye drops are critical to the success of pterygium surgery. They reduce the chance of pain, infection and ultimately, recurrence of the pterygium. You will normally have two types of eye drops. Please let your Doctor know if you have ever had an allergic reaction to any of the medication in the eye drops prescribed.

Drop	Dose	Begin	Stop
Chloramphenicol	4 times	After eye-pad removed	1 week after surgery
Betamethasone	4 times	After eye-pad removed	3 weeks after surgery

Than Flucort each 6 hours (4 times a day) for 2 months

Tablets

Pterygium surgery involves the removal of tissue from the most sensitive part of the body.

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- Although you will be having day surgery under local anesthesia the surface of the eye is very sensitive and takes several days to heal.
- There may be moderate pain in the first 24 hours. You will need to take regular pain relief such as paracetamol.
- There will be some swelling in the area where the pterygium was removed and the conjunctiva graft placed.
- It may take several days for the focus of your eye to settle and there may be some fluctuation in your vision for several weeks.
- Your eye will be more sensitive to light after surgery, so you may want to wear sunglasses for your own comfort during this time.
- A watery eye and nose are common.
- Redness will be present for up to 3 months.

What is NOT normal?

Please let office know if any of the following occur:

- Severe or progressively worsening pain

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You may bend down and resume normal physical activities.

Take the pain relief tablets as directed.

Removing your dressing

Leave the “double-pad” dressing in place until the morning after surgery.

It is normal for the pad to be blood-stained and coated in mucous.

Clean around your eyelids with cooled boiled water and a soft flannel.

Follow up

Following routine pterygium surgery your eye will be checked on several occasions. The first visit is usually the day after surgery. Subsequent visits will be arranged as needed. At least 5 visits over three months will be required.

What is normal?

Following pterygium surgery:

- Expect to feel miserable for a few days.

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