

Pterygium and Punctoplasty Discharge Instructions

1. For minor discomfort, use Tylenol (acetaminophen) and follow manufacturer's dosage recommendations. If severe pain unrelieved by Tylenol is present, please notify our office immediately.
2. May resume all previous medications.
3. Leave the eye patch in place for the next 6 hours.
4. Use the prescribed antibiotic ointment OR eye drops as directed.
5. There may be "pink" tinged tears. This is common the first day after surgery.
6. Swelling and bruising may occur around the eye and may persist for a few days. Elevation of the head and ice packs should help diminish swelling.
7. If sunlight irritates the eyes, dark sunglasses may be worn.
8. The eye may be used normally. Television and reading are permissible, as long as there is not discomfort.
9. May use artificial tears as needed if the eye feels dry, scratchy or irritated.

General do's and don'ts:

- Elevate the head when resting or sleeping.
- No vigorous exercise for two weeks.
- No leaning over, heavy lifting, or straining for one week.
- Avoid activities that may increase the pressure around the eyes for one week.
- Do not use eye make-up.
- Do not wear contact lenses until after your one week post-op visit.

If you experience vision loss, severe pain or swelling or have any problems or questions, please call the office immediately.