



Glaucoma: Cataract Trabectome

POST-SURGICAL INSTRUCTIONS

These post-surgical instructions are for patients recovering from the following eye surgeries:

- Cataract surgery
- Cataract Surgery combined with endocyclophotocoagulation
- Cataract surgery combined with trabectome
- Endocyclophotocoagulation
- Trabectome

The information below is designed to give you an overview of your surgery and postoperative course, and how you can manage your care and recovery at home. However, it is not intended to be exhaustive, so if you do have further questions please feel free to ask us. It generally takes six to eight weeks for the eye to heal and for you to completely recover from eye surgery, although everyone recovers at a different pace. Here are some effects you can anticipate:

- Your eye may be red and irritated after surgery and you may find that it tears more than usual. Some patients are able to return to many of their normal activities, but we advise that you refrain from lifting heavy objects, straining, and bending, for at least four weeks.
- You may experience some blurriness for a month or two after surgery. Most patients can expect their vision to clear, eventually.
- Vision may improve for some patients, depending on the type of medication they take. On rare occasions, other patients may experience loss of vision because of low pressures in their eye. In either case, we may have to change your prescription for glasses.
- We will ask you to come to frequent appointments, sometimes even several times a week, for a few weeks after your surgery so that we can check how well fluid is draining out of your eye.

It is important to follow our instructions about how to care for your eyes after surgery. We will work with you to develop the best strategies for your particular needs. This will help you recover quickly and minimize your risk for complications or discomfort.

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Tips to help you recover from surgery

- Surgery can be stressful. Try to schedule your obligations so that you are not overburdened with chores during your recovery.
- After surgery, expect to feel better and stronger each day -- but you may get tired more easily or have less energy than usual.
- Arrange for help at home after surgery, especially if you live alone or provide care for another person.
- Rest when you feel tired and sleep sufficiently. This will help you recover.
- Wear your glasses during the day. Wear your eye shield at night for two weeks or for as long as we recommend. Do not put the gauze under the shield as this could give you an eye abrasion.
- Wear sunglasses on bright days for comfort.
- Sleep with one or two pillows under your head for the first week after surgery, if this is comfortable for you.
- Do not bend over or do any straining or strenuous activities. Only resume activities as advised.
- Do not wear contact lenses until we advise you that it is safe to do so.
- Do not wear eye makeup for four weeks after surgery. You may also want to avoid face cream or lotion.
- You can shower or wash your hair the day after surgery, but keep water, soap, shampoo, hair spray, and shaving lotion out of your eye, especially for the first four weeks. Make sure to not get a stream of fluid in the eye directly if you shower.
- Do not get your hair colored or permed for seven days after surgery and thereafter take care to have your eye covered or closed during the hair treatments. It is best to get your hair treatments done before the surgery.
- Do not swim, sit in hot tubs or saunas, garden, nor do house cleaning such as dusting for four weeks.
- Do not weight lift, do yoga, jump, run or other strenuous activities; do not strain, do not bend.

Eye Medications

- We will design a medicine schedule for your post-surgery recovery.
- You may resume your glaucoma medications after surgery, unless we advise you otherwise.
- Only use eye medications while you are awake; it is not necessary to interrupt your sleep to administer medications.
- When using multiple eye medications, remember to wait 3-5 minutes between drops of different medications. Do not use them all at the same time. This will dilute the medications and they may overflow out of the eye.
- You can administer medications in any order, it does not matter which one you use first.
- Always wash your hands before instilling your eye medications or touching your eyes.
- If you need additional lubrication between these medication drops, use artificial tears.

Your medication schedule will look something like this:

Prednisolone 1% (If you had a trabectome you will be using lotemax)

Instill 1 drop every 2 hours for _____ week (s) then

Instill 1 drop 4 times a day for _____ week (s) then

Instill 1 drop 2 times a day for _____ week (s) then.

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Zymar:

Instill 1 drop every 2 hours for 1 week then stop.

Voltaren:

Instill 1 drop 4 times a day for 4 weeks then stop.

Pilocarpine 1% (only for trabectome patients):

Instill 1 drop 3-4 times a day for 2 weeks then stop.

How to use eye drops

- Always wash your hands before you put drops or ointment in your eye.
- Tilt your head back or lie down and pull your lower eyelid down with one finger.
- Drop the medicine inside the lower lid.
- Close your eye for three minutes to let the drops get absorbed into the eye.
- Wait five minutes before you administer another eye drop into the eye.
- Do not touch the ointment or dropper tip to your eyelashes or any other surface.

Pain Medication

- Take pain medicine as needed, following the directions carefully. Do not wait until you are in severe pain. You will get better results if you take medication before pain becomes overwhelming.
- Do not take more than one pain medicine that contains acetaminophen (e.g. Tylenol) at the same time. Many over-the-counter medicines and commonly prescribed pain medicines contain Tylenol. Too much Tylenol is dangerous. Check drug labels carefully.
- To avoid an upset stomach, take your pain pills with food.
- After surgery, resume your regular medicines again.
- Avoid constipation and straining.

Eye Shield

- When sleeping, wear the eye shield taped over your operated eye for at least two weeks. Do not put gauze under it; this could scratch your cornea.
- Tape the sides of the shield to the skin, placing the shield on the bony parts around the eye.
- The shield has small holes that you can see through; avoid taping over these.
- To avoid injury do not let the shield slip into the eye.
- Wear your glasses. Do not wear contact lenses after surgery.

Driving

- For your safety, drive only if you feel able to see well enough to respond to the demands of driving.
- If you are at all uncertain, do not drive.

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Resuming Normal Activity

- You may resume normal activity gradually.
- Do not rub or touch your eye.
- You may be able to return to desk work or your non-physical routine one to two weeks after surgery.
- Your eyes may be blurry for up to eight weeks after surgery. As this goes away, your vision will probably be as good as it was before surgery. We may need to adjust your prescription for your glasses or contact lenses.
- Certain kinds of glasses and contacts may be better for your eye after this surgery.

Follow-up Care

Follow-up care is a key part of your treatment and safety. As an active participant in your health care, it is important that you keep all scheduled appointments, and keep an up-to-date list of the medicines you are taking. You can contact us between visits by calling our Appointment and Advice Call Center. The call center can also connect you with a nurse if you need immediate advice about your eye. Our advice nurses are available 24 hours a day, seven days a week.

If you have any of the following symptoms or issues after your surgery please **contact us right away**:

- You are sick to your stomach or cannot keep fluids down.
- You have severe eye pain (remember that some discomfort after the surgery is normal but pain medication should be sufficient to control it)
- Your eyes are swollen
- You have pus or discharge draining from your eye.
- Your vision suddenly gets worse.
- Your eye gets red or the redness is not improving.
- You are not feeling better day by day.
- You have problems with your medicine.

If you think you are experiencing a medical emergency, call 911 immediately or seek other emergency services. Examples of symptoms that may indicate you need emergency medical attention include the following:

- You pass out (lose consciousness),
- You have severe trouble breathing and/or chest pain.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.