

# DISCHARGE INSTRUCTIONS

## TRABULECTOMY SURGERY

### After your operation:

- ◆ Please attend the appointment that has been made for you in Module 6 the next day, the letter will be given to you on your discharge home.
- ◆ Please keep on the eye patch which will be removed at this appointment for you to see the Eye Team

### After your operation you may experience:

- blurred vision – this will improve after a week or two
- your eye will appear bloodshot for up to 2 weeks following this surgery.
- a watery eye for a few days after the surgery
- a gritty feeling in your eye for a week or two caused by the stitches, which will dissolve after a couple of weeks
- some mild pain in your operated eye – this can be relieved by taking pain relief – panadol or panadeine 4 hourly.

### Patient advice following Trabulectomy surgery:

- never rub or touch the operated eye
- avoid strenuous activity such as sports, swimming, and vigorous exercise, check with your eye specialist at your follow up appointment
- you may watch TV / read

MSC Discharge Instructions –  
Bev Ellis  
Clinical Nurse Coordinator Ophthalmology  
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- check with your eye specialist if and when you can drive

### IF YOU SHOULD EXPERIENCE ANY OF THE FOLLOWING IN THE WEEKS BEFORE YOUR 2nd FOLLOW UP APPOINTMENT

- ◆ severe pain
- ◆ loss of vision
- ◆ swelling in your eye
- ◆ sudden redness of the eye
- ◆ discharge from the eye

### Please contact:

Module 7 between 8am - 4.30pm (09) 277 1660

### Post-Op Medicines:

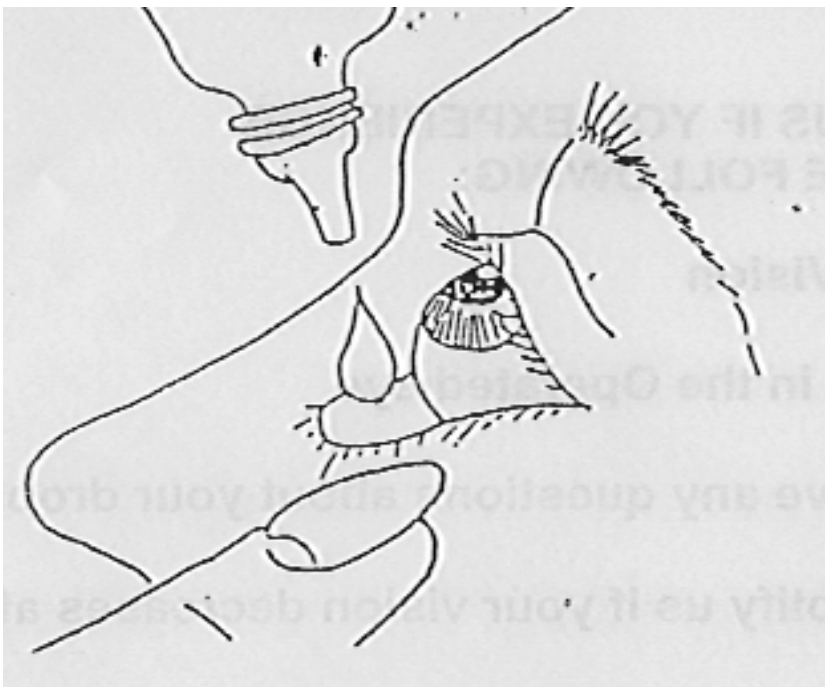
You will be given a prescription for Eye drops which you must take to the chemist. Please use eye drops as instructed on the label, and on the medication card.

### How to use your eye drops:

1. Wash your hands before use.
2. Read the label.
3. Tilt your head back looking upwards.
4. Pull down gently on the lower lid.

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5. Squeeze 1 drop into the space between the lower lid and the eye, without letting the dropper touch the eye.



6. Close your eye for about 30 seconds.
7. The eye drops may blur your eyesight.
8. Throw away the eye drop bottle 4 weeks after opening.

## Manukau Surgery Centre

For assistance please telephone the Manukau *SuperClinic*™, Module 7 between 8am-4.30pm (09) 277 1660

After Hours you should contact your GP or Greenlane Hospital (09) 367 0000

**Or go to the Acute Eye Department Greenlane Hospital**

## DISCHARGE INSTRUCTIONS

following Trabulectomy Surgery

**Patient's Name:** .....

**Operation:** .....

**Date:** .....

**Surgeon:** .....

**Anaesthetist:** .....

Patient label

Date : .....

### **Pred Forte & Chloramphenicol Eye Drop chart**

Pred Forte Eye Drops to be taken 6 times a day for 4-12 weeks following Trabulectomy surgery, Surgeon will advise at post surgery appointment.

Chloramphenicol Eye drops to be taken 4 times a day for 2 weeks following Trabulectomy surgery

<b>Chloramphenicol</b>	<b>morning</b>	<b>lunch</b>	<b>dinner</b>	<b>evening</b>
<b>Week 1</b>	*	*	*	*
<b>Week 2</b>	*	*	*	*

<b>Pred Forte</b>	<b>morning</b>	<b>mid morning</b>	<b>lunch</b>	<b>mid afternoon</b>	<b>dinner</b>	<b>evening</b>
<b>For 4 -12 weeks as advised by Surgeon</b>	*	*	*	*	*	*