Post-Operative Instructions for Pterygium Removal / Conjunctival Removal/ OSR

Special Instructions:
- **DO NOT REMOVE EYE PATCH AND SHIELD AFTER SURGERY!** Patch will be removed at your post-operative appointment. Please return to our office for your post-operative visit as directed. Refer to your surgery schedule for dates and times.
- **Do not rub or bump your operative eye.** Your vision may be blurry and the pupil may remain dilated for several days following surgery. Sunglasses should be worn if your eyes are light sensitive. Call your doctor or go to the emergency room for persistent vomiting, fever greater than 101 °F, rash or pain not relieved by medication.

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.
- 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 day. Avoid getting soap in the operative eye, if you do rinse with artificial tears immediately.
- No eye make-up for 1 week. We recommend you purchase new eye make-up after surgery.

Discomfort:
- You may take Tylenol as needed for discomfort or Vicodin one tablet every 6-8 hours for pain.

Follow-up:
- Return for your post-operative visit as directed. Refer to your surgery schedule for dates and times.

Please contact the office if you should have any further questions at (239) 936-4706.