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**Advice for the care of your eye following  
PTERYGIUM / PINGUECULUM SURGERY**

It is normal for your eye to be quite red, light sensitive, and even painful for the first several days following surgery. A moderate degree of mucous discharge is also normal. The pain should significantly decrease after a few days and is replaced by an intermittent scratchy sensation. This scratchiness as well as the redness and light sensitivity should improve over the first month. The vision is typically quite blurred for at least the first several days to a week. If you are concerned about your eye you can contact me during office hours on 9654 3500 or after hours 041 1 448 441

**You can:**

- drive after a few days if your vision has improved and you feel confident and comfortable with driving
- bend over to pick up objects, play mild sports, go for a jog, play golf or play tennis after the first several days
- have a shower and wash your hair the day after the surgery

**Do not:**

- go for a swim in a pool, river or the sea for at least one month following the surgery
- dirty the top of the drops. It is best to wash your hands prior to using the drops to ensure they stay clean

It is normal for the conjunctival graft, underlying the white part of the eye where the pterygium was removed, to become quite swollen and yellow at around 1 week following the surgery. It may have the appearance of a small bubble.

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### Postoperative Pain Relief

As discussed prior to your surgery, your eye may be quite painful for the first few days following the surgery. By taking the following measures you should be able to minimise the pain:

1. You can remove the eye pads the day after the surgery or later on the same day of the surgery if they are annoying to you. Start the eye medication following the removal of the eye pads.
2. Application of an ice pack over the closed eyelids for about 10-15 minutes every hour can be very effective in reducing pain. This should be done after the removal of eye pads.
3. If the eye is sore, it is best to lie down in a darkened room with your eyes closed and an ice pack in place over the eyelids.
4. Take painkillers (analgesics) as required but be careful of Panadeine and Panadeine Forte; they contain codeine, which may make you feel nauseated and may lead to constipation. If either of these occur, change over to Panadol (this does not contain codeine). You can also take Nurofen as well as Panadol for pain relief, this combination of pain killers is often quite effective.